

GoodHealth

October 2015 \$7.20 INC GST

THE NEW HEALTHY EATING RULES



**17 ways to use
FOOD AS MEDICINE**



**Surprising
ways to beat
HAIR LOSS**
Expert advice, p44

"HOW WE SURVIVED A CRISIS"

Real couples
share their stories



**Power up your
confidence
NOW!**

*Tips to supercharge
your self-esteem*



**Sandra
Sully**
*"My husband
and I have a
long-distance
relationship"*

**HOW TO
CREATE A
HEALTHY
HOME**

Find out, p48

**8-PAGE
EYE
HEALTH
BOOK**

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contents

OCTOBER 2015

mind + body

- 10 All about Sandra** TV news presenter Sandra Sully talks about how important family is to her.
- 30 High-speed health** Scientists have come up with some fast fixes to improve our lives. By Helen Foster.
- 34 Back in sync with your body clock** Are you out of step with your natural rhythm? Sally Brown reveals how to get back on track.
- 38 Weight-loss surgery: what you need to know** We discuss the pros and cons of obesity surgery and take a look at the procedures available, plus one woman shares her experience with Lorraine Sathicq.
- 40 When sex hurts** Reluctant to seek help? Sarah Marinos tells why it's important to treat the pain.
- 44 Surprising causes of hair loss** From hormones to dental infections and divorce, you'll be amazed at what can affect your tresses, says Helen Foster.
- 48 Is your house making you sick?** Revealed: the health hazards that could be lurking in your home and how you can avoid them. By Helen Foster.
- 52 10 ways to cut your dementia risk** Three experts share their best advice on how to protect yourself and your loved ones. By Sarah Marinos.
- 56 Revolutionise your health (with incidental exercise)** Adding short bursts of activity to your day can bring big benefits, discovers Helen Foster.
- 60 What happens to your body when you're angry** If you're constantly losing your cool, it could be affecting your health, says Karen Fittall.
- 62 Yes, you can be more confident!** Self-esteem flagging? Bonnie Vaughan looks at four methods designed to make you feel more empowered.
- 66 "How we survived a crisis"** Serious challenges can make or break relationships. Two couples tell Angela Barrett how they made it through together.
- 70 Money skills your kids need to learn** What you teach your children now about finance will last a lifetime. Sarah Marinos consults the professionals.

eat smart

- 74 The new healthy eating rules** Think your diet is nutritious enough? Here's how to make it even healthier, says Helen Foster.
- 78 Culture club** The latest flavours and innovations in gourmet yoghurts. By Emma Stirling.
- 80 Food first aid** Edibles that help ease pain, boost immunity and more. Sarah Marinos reports.
- 84 Snack à la carte** Craving a sweet or salty treat? Emma Stirling reveals the top choices.

On this month's cover



Photography: Peter Brew-Bevan
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Hair: Brad Mullins

good look

- 106 Fit & 'appy** Need a little fitness motivation but can't afford the gym? Try these top apps. By Pip Harry.
- 108 You can do it** Ditch those exercise excuses and get moving! Gabrielle Nathan reveals how.
- 112 Eyes that pop!** Take our eye make-up class for a stunning look that will turn heads.
- 114 From Korea, with love** The beauty trend that is taking the world by storm.
- 118 Good enough to eat** Give your skin, hair and body some TLC with these superfood-infused goodies.



wellbeing

- 126 Understanding animal symbols** Could your cat be trying to tell you something? Cora Lydon looks at signs from the animal world.
- 128 10 plants to boost your health & happiness** Go green at home and work for greater wellbeing. By Pip Harry.
- 132 What's my alternative therapist saying?** Perplexed by your natural therapist's terminology? Cora Lydon deciphers some common phrases.

promotions

- 6 Bauer Media privacy notice**
- 26 Subscribe** to *Good Health* this month and save 72 per cent off your first three issues, then pay just \$14.85 for every three issues after that.

regulars

- 8** Letters
- 13** Health
- 18** Fitness
- 20** Nutrition
- 22** Psychology news
- 24** Beauty news
- 72** Social media
- 86** Cooking
- 92** Food news
- 95** Health handbook
- 120** Fashion
- 134** Travel
- 137** Travel news
- 138** Ask our experts
- 144** Stars
- 146** This month... we love



Dear fatigue, It's just not working out...



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Hello.

Most of us look forward to the clocks going forward (on October 4) and the return of longer, lighter

evenings. But have you noticed that adjusting to the one-hour change can leave you feeling groggy for days? In **BACK IN SYNC**, page 34, we show you how your body clock actually works and how to get it back to its natural rhythm.



Your home is your sanctuary, but what goes on in your house and neighbourhood does affect your health. Check out the potential hazards and what you can do to combat them in **IS YOUR HOUSE MAKING YOU SICK?**, page 48.

For those of you who aren't big fans of exercise, **REVOLUTIONISE YOUR HEALTH**, page 56, might help change your mind – you will see that even the smallest amount of incidental exercise (such as gardening or taking the stairs) has enormous benefits that can really help protect your wellbeing.



Enjoy October!

Catherine
Editor
CATHERINE MARSHALL

GoodHealth

EDITOR CATHERINE MARSHALL

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**What do you think about *Good Health*?
We would love to hear from you**

Keeping me informed

I renew my subscription to *Good Health* every year. There are so many wonderful articles about different aspects of life and wellbeing which naturally become more of a priority as I get older. For me, it's so important to have an open mind and be up-to-date with new information in order to grow as a person. I really enjoy your magazine and I encourage my girls and friends to read it.

Kristine, Qld



LETTER OF THE MONTH

Thank you for the article 'I Recovered From A Stroke' (September 2015). I too was 39 when I had a stroke. I thought I was pretty healthy. Luckily for me, my husband was with me at the time and took me straight to the doctor. My MRI showed I had been having mini strokes for a while. Since then I have stopped taking the Pill and am on daily blood thinner medication.

It is vital for women to have regular check-ups, even if they think they're healthy. I now plan to further my education on women's health and use it in my nursing job.

Helen, via email

Moving on up

Winter days can be bleak and it's easy to give in to the temptation to hibernate, comfort eat or 'veg out'. Your August issue had all the antidotes: '6 Foods That Fill You Up' was the perfect place to start and your exhaustive Bone Health Handbook reinforced the importance of exercise, outdoor activities and healthy eating. Winter is a time to be cosy and relaxed – but not lazy!

Judith, via email



Family conflict

I read 'When Siblings Fall Out' (August 2015) with interest. In my experience, a huge area of conflict concerns nephews and nieces and the different parenting styles of adult siblings.

What happens when a sibling criticises or gossips about a nephew or niece to the rest of the family, and the child and parent then discover what was said? The sibling relationship, no matter how close, can't be reconciled satisfactorily without at some level betraying the child.

Name withheld, via email

All-round winner

The comprehensive range of articles in *Good Health* cover topics for every reader, and interviews with beautiful people like radio personality Kate Ritchie inspire us to live happy lives. Understated and fabulous, it's a magazine that delivers in a gentle, informative manner, with excellent design and production.

Debbie, WA

Shaping up

'Are Your Hormones Changing Your Shape?' (September 2015) is a brilliant story and has helped me greatly. I am 66 years old and have always had a toned body, but lately my arms are getting flabby and I've put on weight around my middle. I do mat and reformer Pilates classes and kettlebell exercises every week, walk a lot and don't sit too often. Your story has inspired me to look at other ways to help me retain my figure. Thank you.

Karen, Qld



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HEALTHY
SKIN

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- ✓ Supports a restful sleep and may improve sleep quality
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ALL ABOUT Sandra

**NETWORK TEN
NEWS PRESENTER
SANDRA SULLY
TALKS ABOUT
WHAT MATTERS
MOST - SPENDING
TIME WITH FAMILY**

**ABSENCE REALLY
DOES MAKE THE HEART
GROW FONDER.**

My husband and I have a long-distance relationship so we really value our time together. Symon (Brewis-Weston) lives in New Zealand and we commute between Sydney and Auckland every week – it's like I have an affair every weekend!

Although we talk every day, we still crave each other's presence. We both work quite hard during our respective weeks to get the chores done and clear the decks so we can just hang out together – go for a walk, see a movie, enjoy a glass of wine, go out for dinner.



**We renewed our wedding
vows this year with my parents.**

Symon and I married in 2011 and we have been doing the trans-Tasman commute for a couple of years, and we really wanted to renew our vows on a planned trip to Las Vegas. My mum and dad (Carol and Sydney) came with us, and I'd hoped they would renew their vows too. They were reluctant initially, believing it was all too complicated – they're not overly fussy people. But the night before they said, "Are we really doing this?" It was such a privilege to be able to be there while they renewed their vows after 59 years of marriage.



"My beautiful family – me with Mia and Symon. The thing that makes me happiest is being with them. This one was taken on a family holiday to Thailand last year."



IT'S SO IMPORTANT TO VALUE THE TIME YOU HAVE WITH PEOPLE YOU LOVE.

I know how precious life is and value every minute. I was the victim of a horrendous assault years ago and had a gun pointed at my head by a man in a balaclava. I fought back and screamed and was lucky to survive. I was extremely fragile for nearly a decade afterwards, and that experience has never really left me.

Material possessions are just that; you can't take them with you. What's important is the time you have and the people you spend your time with.

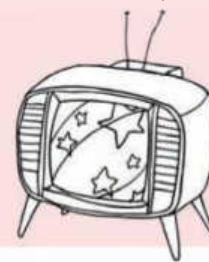
WE NEED TO STAND UP AND FIGHT AGAINST WORKPLACE BULLYING – AND CALL IT EARLY.

I experienced bullying at work in the aftermath of the assault. It was difficult because no-one was really calling out bullies back then. I certainly did, and in the end that person was ordered to leave me alone. My

I'm proud that I've survived in an industry that I adore.

I've been at Network Ten for 25 years. It was especially lovely to have all my family together for the celebration. I'm not someone who's goal-oriented, so I credit a lot of my good fortune to opportunity, hard work and timing. I also give enormous credit to my parents for giving me a very strong work ethic.

I find the changing landscape of media today very exciting. I was an early adopter at Ten of social and digital media and I continue to work behind the scenes to keep that evolving. I also pump out a digital newsletter twice a day called ShortBlack – it's a snapshot of the day's news.



friends and family were my biggest support. I urge anyone who experiences bullying to seek help from a counsellor or a psychologist; you need it.

FAVOURITE THINGS

Fragrance: Elie Saab

Skincare: Dr Spiller Rinazell Lacteal Active Substance Cream and Collagen Cream

Music: Van Morrison, Bob Dylan

TV: Better Call Saul, Fargo, Veep



"Here I am with Jack Thompson, an Adopt Change ambassador, and Deborra-Lee Furness, founder of the organisation. That photo was taken on my phone at a photo-shoot we were doing for #AdoptChange."

Symon and I support Adopt Change, the campaign to make adoption easier in Australia.

I have always been aware that it's an important issue but now it's personal – as beautiful Mia is adopted. I know how hard it is for parents to adopt here, let alone overseas. Mia was born in Indonesia, and it was only because Symon and his ex were residents there that they could adopt her. In Australia there are plenty of people who want to adopt and there are so many children who need loving homes but they are denied the opportunity of adoption. It's a terrible situation and it's unjust.

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SOUND ADVICE



Your body's noises can speak volumes about your health. Listen to...

YOUR HEARTBEAT. If it's higher than 76 beats per minute when you're resting, you're 26 per cent more likely to have a heart attack. Measure your pulse just before you get out of bed, and if it's too fast, exercise more: resting heart rate is a measure of how fit you are.

A COUGH. If you've had one for more than three weeks, make a doctor's appointment. If you've got a cold or the flu, it's a sign your body's not coping with the infection. If it's not a cold, it could be a sign of something more serious.

YOUR SNORE. If it's loud enough to bug your partner or you also experience insomnia, morning headaches or mood swings regularly, see your GP. You might have sleep apnoea, which, as well as increasing your risk of stroke and diabetes, makes you three times more likely to have a car accident.

EARS THAT 'POP'. If the popping sensation occurs when you're exposed to loud noises, you might have what's technically called 'a reduced tolerance for noise'. You can manage it with strategic use of earplugs and medication. Ask your GP for a referral to an ear, nose and throat specialist.

CRACKING KNUCKLES.

Up to 50 per cent of us do it, and the good news is it doesn't increase your risk of arthritis. But it will reduce your grip strength over time, so resist it if you can.





FOOT TRAFFIC

The soles of 40 per cent of shoes are contaminated with *Clostridium difficile*, bacteria that can cause severe diarrhoea and are resistant to most cleaning products. Dodge the bugs by leaving your shoes at the front door when you get home.



MEDICINE MISTAKE

If you're taking antidepressants, **CHOOSE YOUR PAINKILLERS CAREFULLY.**

New research says mixing antidepressants with non-steroidal anti-inflammatories like aspirin and ibuprofen increases the risk of bleeding inside the skull.



20%

of people get a cold after flying, but you can beat the odds! The next time you fly take a supplement with 300mg of elderberry extract. That way, if you're among those who develop symptoms during the week after your flight, not only will you shake the virus off faster, your symptoms won't be as severe, say Queensland-based researchers.

43

That's the number of minutes a day you should spend exercising once you hit menopause. This gives you the best shot at reducing body fat, which could help lower your risk of heart disease.



DID YOU KNOW?

Thirty per cent of women diagnosed with breast cancer don't have a lump as their primary symptom. Other breast changes that may be a sign of cancer include:

- * A change in the size or shape of the breast, or to its skin, like redness or dimpling.
- * A change to the nipple (such as redness or inversion) or a discharge.
- * An unusual pain that doesn't go away.



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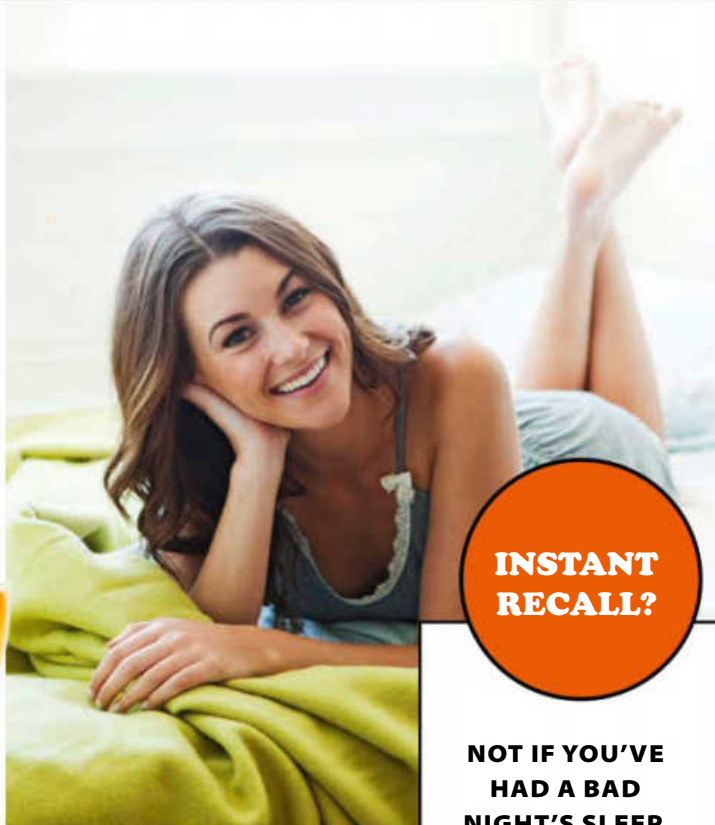
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Always read the label. Use only as directed. If symptoms persist, see your healthcare professional.

NEW SKIN-CANCER RISK

Be extra vigilant about sunscreen and covering up if you have a fondness for citrus. Your risk of melanoma jumps by 36 per cent if you eat 1.6 serves of citrus (a serve is one orange, half a grapefruit, or 175ml juice) every day, say US researchers. It's due to high levels of furocoumarins in citrus fruits, which make skin more sensitive to sunlight.



INSTANT RECALL?

NOT IF YOU'VE HAD A BAD NIGHT'S SLEEP.

You remember **10 per cent less of any new information** from the previous day when you only get a few hours of slumber. Give your brain a hand by taking a supplement that contains *Bacopa monnieri*, a memory-boosting herb.

Try:

- * **MediHerb Bacopa Complex**, \$33.69
- * **Flordis KeenMind**, \$34.95
- * **Metagenics Brahmi Tone**, \$39.95

THE SILENT TREATMENT

Hearing your phone 'ding' with a new notification when you're trying to focus on something makes you three times more likely to make a mistake. Researchers say it's on par with the distraction caused by actually using the phone. When you're driving switch your phone to silent before you hit the road.



Our FAVOURITE READS THIS MONTH



Follow Your Gut by Rob Knight and Brendan Buhler (Simon & Schuster, \$16.99). How well do you know your gut? Trillions of microbes in your body may hold the key to obesity, asthma and allergies. This book looks at how diet, antibiotics and more impact your gut health and how to improve yours.



Gratitude by Danielle Miller (Inlumino, \$16.99). Do you feel like you give your children everything they could possibly want and yet they still aren't satisfied? Here, Miller provides positive ways to instil thankfulness and thoughtfulness in your children and make gratitude a daily habit in your home.



The Village Effect by Susan Pinker (Allen & Unwin, \$29.99). Technology is changing the way we communicate, how we do business, and our friendships and romantic lives. Here is a fascinating reminder that face-to-face communication matters: it can make you happier, healthier and smarter.

SPOT CHECK

IF YOU'RE ONE OF THE 15 PER CENT OF AUSTRALIAN WOMEN WITH ADULT ACNE, STOP TAKING SUPPLEMENTS THAT CONTAIN VITAMIN B12. IN PEOPLE PRONE TO ACNE, B12 AFFECTS THE WAY THE BACTERIA RESPONSIBLE FOR PIMPLES BEHAVES, WHICH MAKES THE SKIN CONDITION WORSE.

Healthy Way

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GRILLED CHICKEN WITH QUINOA GREEK SALAD

Ingredients

- 225g Healthy Way Tricolour Quinoa
- 25g Butter
- 1 Red Chilli, deseeded and finely chopped
- 1 Garlic Clove, crushed
- 400g Chicken mini fillets
- 1½ Tablespoons Extra-Virgin Olive Oil
- 300g Vine Tomatoes, roughly chopped
- Handful pitted black Kalamata Olives
- 1 Red Onion, finely sliced
- 100g Feta Cheese, crumbled
- Small bunch of Mint Leaves, chopped
- ½ Lime Juice and Zest
- 1 Lebanese Cucumber, coarsely chopped

Method

1. Cook the Quinoa following the pack instructions, then rinse in cold water and drain thoroughly.
2. Meanwhile, mix the butter, chilli and garlic into a paste. Toss the chicken fillets in 2 tablespoons of olive oil with some seasoning.
3. Lay chicken in a hot griddle pan and cook for 3-4 minutes each side or until cooked through.
4. Transfer to a plate and dot with the spicy butter paste and set aside to melt.
5. Mix the tomatoes, olives, onion, feta and mint into a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, lime juice and zest, and season well. Serve with the chicken fillets and Cucumber on top, drizzled with any buttery chicken juices.



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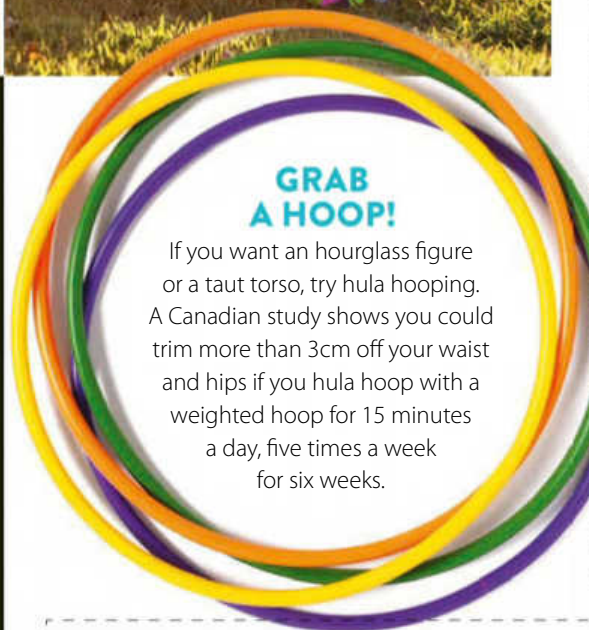


STRETCH AND SHINE

Invigorate your day by stretching first thing in the morning, says Pilates instructor Peta Serras. Try these moves:

1 To stretch your spine, back and legs, and work your core: Lie on a bed on your back, reach arms above your head and stretch legs out in front. Lift arms up to the ceiling, followed by upper body and head until in a seated position, then roll forward to touch your toes. Exhale as you slowly roll back down. Do 6 to 8 reps.

2 To strengthen obliques, back and core, and improve posture: Stand with feet hip-distance apart. Interlace fingers and push palms to the ceiling. Inhale and bend over sideways, stretching the side of the body. Exhale and engage your core to return to standing position. Do 4 to 6 reps on each side.



GRAB A HOOP!

If you want an hourglass figure or a taut torso, try hula hooping. A Canadian study shows you could trim more than 3cm off your waist and hips if you hula hoop with a weighted hoop for 15 minutes a day, five times a week for six weeks.

2491 That's how many extra steps you could take each day just by wearing a pedometer. In a Canadian study pedometer users increased their physical

activity by 27 per cent compared to people who didn't use one. Another bonus? The researchers also found that keeping track of your daily steps can decrease your BMI and blood pressure.

Your workout RECOVERY KIT

QV Sport Chafing Cream helps prevent friction, chafing and sweat rashes. \$9.99 for 75g tube.



INC. Carnitine may help give your metabolism and energy levels a boost. \$29.99 for 120 capsules.



Bexters Soda Crystals soothe muscle or foot aches and help to reduce swelling. \$9.99 for an 800g pack.



Probiotic Solutions Fresh Feet neutralises foot odour and bacteria after a long gym session. \$4 for a 50ml bottle.



INC. Diet Whey may support muscle recovery if you're a regular exerciser. \$19.99 for a 500g tub.



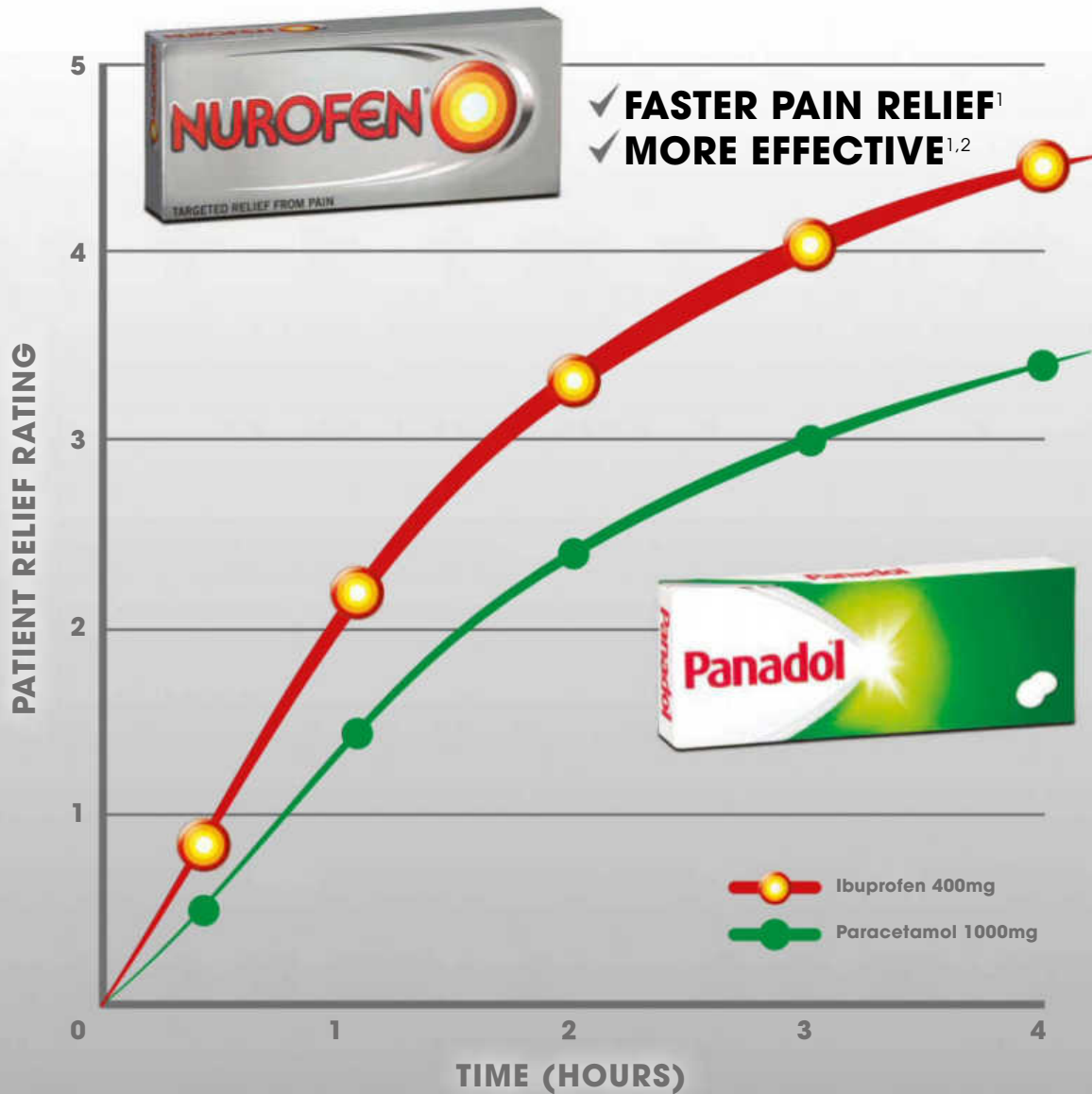
**Boost
stamina
with a
smile**

► To increase your endurance during exercise surround yourself with happy images, says UK research. In a study, cyclists who viewed positive pictures such as happy faces and messages exercised for three minutes longer, which demonstrates that your mind can significantly influence your workout session.



NUROFEN IS SUPERIOR^{1,2} TO PARACETAMOL

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3 REASONS TO EAT BETTER

Eating well can bring so many benefits, both physical and mental. Here are just a few you could enjoy.

1 IT'S GOOD FOR YOUR SKIN.

If you struggle with acne your skin may benefit from a low-GI diet of wholegrains, nuts, vegetables and beans. According to the American Academy of Dermatology, breakouts can be triggered by high-GI foods like chips, potatoes and white bread.

portions of fruit and four to five of vegetables, say researchers. And adding plenty of omega-3s to the antioxidants will boost your smarts and protect your brain from age-related diseases as well.

2 IT'S GOOD FOR YOUR BRAIN.

Increasing your daily serves of antioxidant-rich fruits and vegetables can improve your mental wellbeing, and the optimum intake is four to five

3 IT'S GOOD FOR YOUR WALLET, IN THE LONG TERM.

Buying fresh produce costs \$1.50 more per day than junk food, but research shows that choosing healthy foods will save you more money in the long run by preventing diet-related diseases and decreasing medical expenses.



MEDITERRANEAN FOR HEALTHY MUMS

EATING A DIET RICH IN VEGGIES, LEGUMES, NUTS AND FISH IN THE YEARS BEFORE YOU FALL PREGNANT COULD REDUCE YOUR RISK OF DEVELOPING HYPERTENSIVE DISORDERS LIKE PRE-ECLAMPSIA BY 42 PER CENT.

COFFEE DRINKERS

VS

TEA DRINKERS

Your preferred hot beverage may reveal a lot about your lifestyle. A French study shows loyal tea drinkers are less likely to smoke and more likely to be physically active than coffee buffs and the more tea you sip, the healthier your habits. Women tend to drink more tea than men and men more coffee.





75%

You can reduce the amount of salt you consume by this much without sacrificing taste if you use lemon juice to flavour your food, a study shows. It's a clever way to cut back your sodium intake without compromising taste.

FOOD FOR THOUGHT

Starting a new exercise plan and want to stock up on so-called 'fitness' foods? A recent study shows having these fitness-branded snacks on hand can encourage you to eat more of that food and exercise less, which could undermine your efforts.



DAIRY DILEMMA? HELP IS AT HAND!

If you love dairy, but find it makes you bloat, gives you stomach cramps or gas, supplementing your diet with extra lactase enzymes can help you digest it. Give these a try.

- * **Lacto-Free**, \$25.95 for 100 tablets. lactofree.com.au
- * **Lacteeze Extra Strength**, \$27.95 for 100 tablets. lacteeze.com.au
- * **Rapid Relief Lactase**, \$43.60 for 180 tablets. newton-everett.com



WATCH YOUR TIPPLE!

Are you even more tempted by the smell of food after a few drinks? That's because alcohol makes women's brains especially sensitive to external food cues like aromas, and increases kilojoule intake, a study in the journal *Obesity* reveals. So to avoid overeating, skip the aperitif before your meal.

BRAND NEW BUYS



Be Natural Moroccan Spice Dry Roasted Chickpeas and **Thai Sweet Chilli Dry Roasted Fava Beans** are ideal when you need a healthy snack. \$4.99 for a box of 5.



Madame Flavour Tea Treats blends like **Mint Choc Rooibos** are perfect as an after-dinner refreshment. \$4.50 for a box of 10.



Naturally Nood wholefood bars are made with nourishing ingredients including dates and nuts. \$2.49 for a 35g bar.



WHY IT PAYS TO BREAKFAST LIKE A KING

Eating a high-energy breakfast and low-energy dinner could help you control your blood sugar, especially if you have type 2 diabetes. A study in *Diabetologia* shows consuming your biggest meal in the morning can lower your insulin and glucose levels and prevent diabetes-related complications.



SURPRISING PERKS OF MEDITATION

Meditation can help improve so many aspects of our lives. Here, three experts explain.

☀️ “Regular practice can improve sleep patterns, sleep quality and minimise feelings of fatigue. Just 20 minutes of meditation is the rest equivalent of two hours’ sleep, so try replacing power naps with meditation.”

– Jacqui Lewis, Vedic meditation teacher from The Broad Place.

☀️ “It helps minimise conflict in your relationships by making you less likely to react to things that bother you. You may also begin to notice and appreciate other

people’s kind words or actions.”
– Dr Cate Howell, author of *Release Your Worries*.

☀️ “It keeps your brain young. The brain deteriorates with age but meditation can preserve or even enhance its functioning. Along with diet and exercise, meditation is a foundation of a healthy brain.” – Dr Paula Watkins, clinical psychologist.

Try: The *Anamaya Meditation, Mindfulness and Self-Development* app. The expert meditation techniques will help you to become master of your mind. \$2.49 from iTunes.



BEDTIME STORIES

Regularly reading to your child from an early age can activate areas of their brain that help them understand the meaning of words and stories, a new study shows. It supports previous research that shows reading to young children can expand their vocabulary and encourage bonding between parents and children.

BRING ON THE AWE!

Did you know feeling awe-struck could be good for your health? A US study shows that the more frequently you’re in awe, the lower your levels of a molecule that causes inflammation in the body, and it has an even stronger effect than positive emotions like joy. To experience awe, do things that give you goosebumps like watching a sunrise from a lookout or listening to a powerful song.



Nomophobia

Not familiar with the word? It’s the fear of being without a mobile device or beyond mobile phone contact. An abbreviation of the phrase ‘no mobile phone phobia’, researchers use it to describe the anxiety you feel when your phone runs out of battery or you leave it at home.

Bridal burden

Many women feel a pressure to slim down before their wedding, and brides-to-be with a similar body mass index to their partner are more likely to lose weight before the big day, an Australian study shows. But the research also reveals your partner is likely to rate your physical attractiveness higher than you rate it – so don’t take on the extra pressure.



PROOF IN REAL LIFE!



SHARON STONE, ACTRESS

The beauty industry is famous for showing extreme looks and altered images and it can be hard to trust the results of aesthetic treatments just by looking at an image. This is why dermal fillers and skin hydration boosters were put to the test. At an event in Berlin, hosted by Sharon Stone, leading representatives from the beauty and wellbeing industry were invited to mingle with the proof – ten sets of identical twins. Only one sibling in each set of twins was treated, so the guests could see the real-life results, with and without aesthetic treatments.

Visit **ProofIRL.com/au** to see the results for yourself and contact your practitioner for more information.

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Bobbi Brown's limited-edition Greige Eye Palette, \$105, has eight flattering eyeshadow shades in one fantastic palette.



SPRING SCENT

Spice up your fragrance wardrobe with notes of mimosa, cardamom and tonka bean, all found in Jo Malone Mimosa & Cardamom Cologne, \$185.



BRIGHTEN UP

Looking for a high-shine, hydrating lip formula in this season's most vibrant shades? You'll love Dior Addict Lipstick in Smile and Be Dior, \$52 each.



UNDER COVER

Clinique 2-in-1 Beyond Perfecting Powder Foundation + Concealer, \$55, and Giorgio Armani Luminous Silk Compact, \$118, are great if you're looking for light, buildable coverage that allows natural radiance to shine through.



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HIGH-SPEED HEALTH

Seven smart ideas to improve your life

BACK IN SYNC WITH YOUR BODY CLOCK

Find your natural rhythm

WEIGHT-LOSS SURGERY: WHAT YOU NEED TO KNOW

The pros and cons of different procedures

WHEN SEX HURTS

We look at some common causes and the treatments that can help

SURPRISING CAUSES OF HAIR LOSS

You'll be amazed at what can affect your tresses

IS YOUR HOUSE MAKING YOU SICK?

The potential health hazards close to home

10 WAYS TO CUT YOUR DEMENTIA RISK

Advice from the experts

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Expert advice on what children need to know



goodhealth.

A smiling woman with blonde hair, wearing a light purple striped tank top and orange sneakers, is riding a bicycle on a paved path. She has a yellow strap across her chest. The front basket of the bicycle is filled with a large bouquet of pink and white flowers, a watermelon, and a mesh bag of fruit. The background is a wooden building with horizontal slats. The title 'HIGH-SPEED HEALTH' is overlaid on the bottom half of the image, with 'HIGH-SPEED' in white on a red background and 'HEALTH' in white on a blue background. There are colorful geometric shapes (triangles) in the bottom left and right corners.

HIGH-SPEED HEALTH

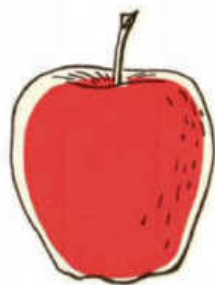
From fighting pain and food cravings to thinking more positively, science is discovering faster, smarter ways to improve our lives. By Helen Foster

Do you need speedy solutions and time-saving tricks to improve your mind, body and health? We've got seven super ideas right here.



TO HELP YOU REMEMBER SOMETHING

Simply close your eyes, says Dr Robert Nash from Aston University in the UK. He found people who did so while trying to remember what happened in a particular situation answered 71 per cent of questions about the event correctly, compared to just 48 per cent of correct answers for those who kept their eyes open. "Eye closure can help block our distractions while allowing us to better focus on the task at hand, but it also may help us form more vivid mental images of an event which helps recall," says Dr Nash.



MAKE HEALTHIER SHOPPING CHOICES

If you want to commit to making a dietary change but find you slip up while at the supermarket, eat a small piece of apple, or something else that reflects the goal you wish to achieve, before you shop. In a study, people who did bought 25 per cent more fruit and vegetables than those who hadn't had a piece of fruit beforehand.

"Having a small healthy snack before shopping can put us in a healthier mindset and steer us towards making better food choices," says researcher Dr Aner Tal from Cornell University in the US.



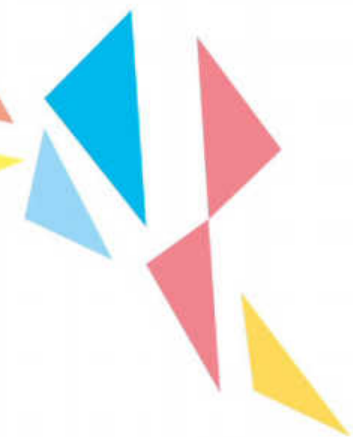
MAKE A SALAD EVEN HEALTHIER

Add an egg. According to new research from the US's Purdue University, adding a whole egg increases the absorption of health-boosting nutrients called carotenoids from the surrounding vegetables fourfold. The secret seems to be the small amount of fats contained in egg yolks.

Researchers have found that fats in salad dressings also increase carotenoid absorption. "It is easy to overuse salad dressings and consume excess kilojoules – but one large whole egg is only about 294kJ and provides 6g of protein," says researcher Professor Wayne Campbell.

FIGHT PAIN

Simply say 'ow'! Yes, science has now proven that the very thing we often do automatically does actually lessen pain. In fact, in trials in Singapore people could tolerate pain for a fifth longer if they vocalised. "We don't know exactly why it works but one possibility is that it interferes with pain signals in the part of the brain that represents information for our body and so those signals are not represented optimally," says Professor Annett Schirmer, who supervised the trial. In other words, you simply don't feel as much pain as you should. As well as exclaiming with pain when you hurt yourself, Professor Schirmer suggests that chatting your way through painful procedures may make them less uncomfortable. ►



FIGHT A FOOD CRAVING

Simply do the following: Starting at one temple tap your forehead once a second with your index finger, and with each tap move about 1 cm sideways across your forehead towards the other temple. Keep watching your finger move as you tap and go back and forth across your head for about 10 seconds. Australian and US trials found this sequence reduced the intensity of cravings by an average of 33 per cent. It works by distraction.

Researcher Dr Andrew McClelland explains: "The craving imagery is jettisoned while part of the brain called the visuospatial sketchpad focuses on processing the image of tracking your finger."

If your craving doesn't pass after one 10-second tapping session repeat the exercise once or twice and it should fade.



THINK MORE POSITIVELY

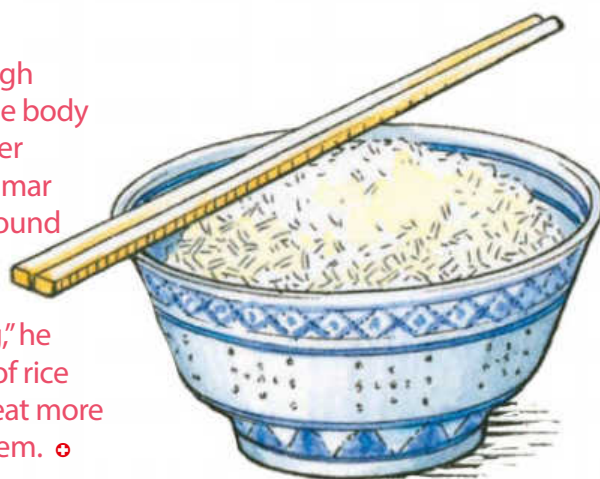
Give your walk a makeover. People who imitate a happy style of walking actually find it easier to think positively afterwards, says Professor Johannes Michalak, a psychologist from Witten/Herdecke University in Germany. "A happy gait is characterised by a higher walking speed, a more upright body posture, more pronounced arm swings

and stronger, vertical up and down movements of the body," he says.

Walking this way activates nodes in the brain associated with feelings of happiness, Professor Michalak explains. These nodes are also where words associated with the concept of happiness are stored and when you activate one node the others wake up too – so you start to think more positively.

MAKE RICE MORE FILLING

One downside of rice, particularly white rice, is that it has a high glycaemic index. This means it quickly converts to sugar in the body which can lead to peaks and troughs of blood sugar that lower energy and trigger hunger pangs. However, Professor Jeyakumar Henry from the Singapore Institute for Clinical Sciences has found a simple way to change that – eat the rice with chopsticks. He found this lowers the GI from 81 (when eaten with a spoon) to 68. "It's to do with the quantity and speed of eating," he says. "When you eat with chopsticks you consume about 4g of rice per mouthful compared with 9g with a spoon, and you also eat more slowly." Both affect how fast the rice is processed in the system. 🍚



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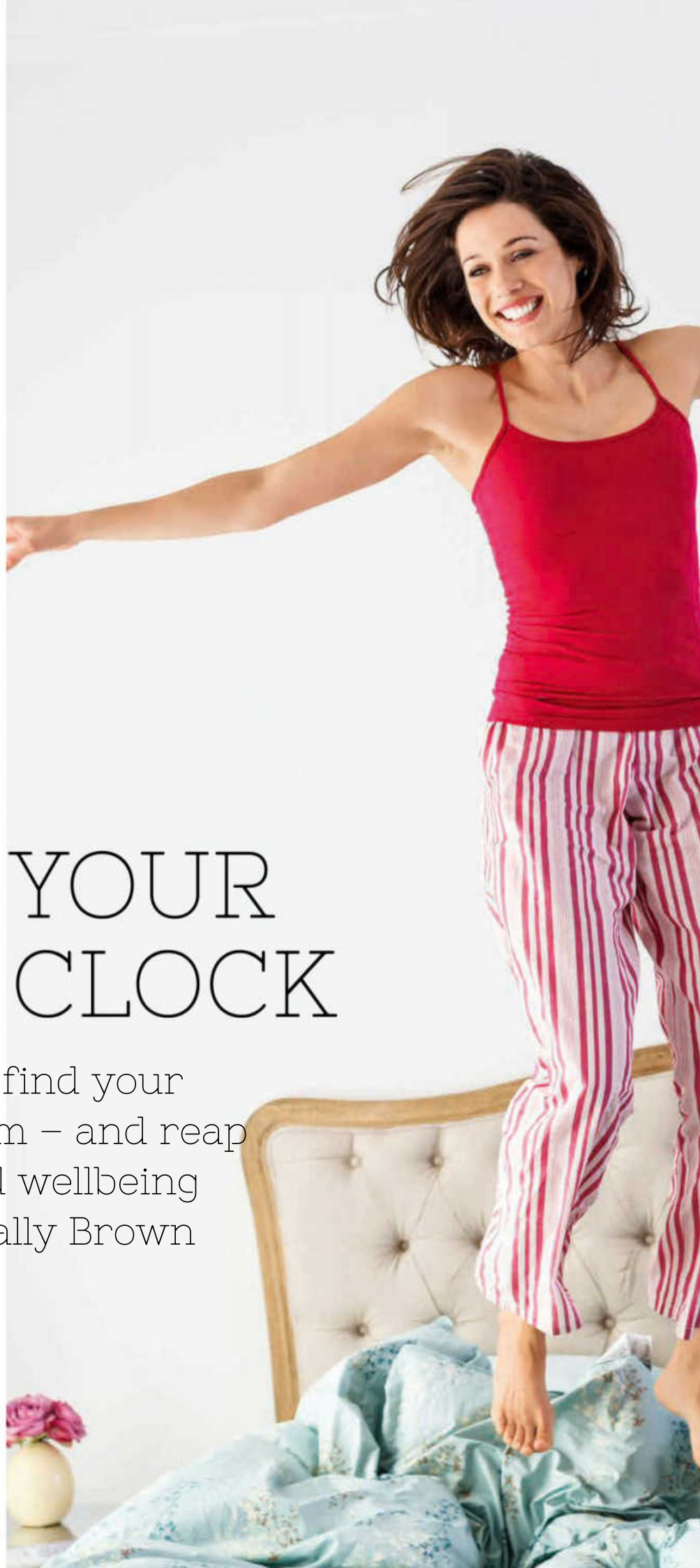
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BACK IN SYNC

WITH YOUR BODY CLOCK

Here's how to find your natural rhythm – and reap the health and wellbeing benefits. By Sally Brown



Who doesn't look forward to the clocks going forward (on October 4 this year) and the return of lighter, longer evenings? But have you ever noticed that adjusting to the one-hour change, and losing an hour in bed, can leave you feeling out of sorts for days?

It's not your imagination. Even a slight shift in your daily sleep-wake routine can throw your body clock out of sync. And research is showing that living out of step with your natural rhythm can affect your

health and wellbeing both now and in the future.

If you need an alarm clock to wake up in the morning, find it hard to get out of bed, or rely on coffee to get you going, there's a good chance you're out of sync with your body clock. And the consequences may surprise you.

According to recent research, sleep and circadian rhythm disruption increases your risk of being overweight, depressed and even getting wrinkles. A body clock that's out of whack can also affect

communication skills, memory, decision-making and attention.

Scientists have also found that going to sleep much later than usual or not getting enough shut-eye affects the activity of more than 300 genes, including those that control the immune system and our stress response. "It underlines why we feel so bad during jetlag, or if we work irregular shifts," says University of Surrey researcher Dr Simon Archer.

Here, we take a closer look at the workings of your body clock and how you can get yours back in sync.

YOUR **TICKING CLOCK**

We've been aware of the body clock for centuries, but it's only in the past decade that scientists have gained insight into how it works, and how important it is to general health and wellbeing. As well as impacting on your mood, memory and focus, a disrupted body clock can raise your risk of heart disease and cancer.

Researchers at Oxford University recently discovered that there is a separate sensor in the eyes which grabs light specifically to regulate the body clock. And while previously it was thought that the body clock was in the hypothalamus (a grape-sized nodule at



the base of the brain), we now know there is a body clock gene in every cell of the body. "The hypothalamus acts like the conductor of an orchestra, keeping them all in time," explains Dr Victoria Revell, an expert in circadian rhythms from the University of Surrey. ►

Simply put, **the body clock is a daily cycle of biological processes** that works to fine-tune your internal physiology. "It's your body clock that cranks up your metabolism and raises your body temperature when you need to be alert, and winds it down when it's time to rest," says Russell Foster, professor of circadian neuroscience at Oxford University.

When exposed to light early in the morning, cells in the hypothalamus at the base of the brain send signals to stop the production of the sleep hormone melatonin and release cortisol instead, to wake the body's metabolic processes. In the evening, as light levels fall, the process happens in reverse.

Our body clock has evolved to sync with earth's 24-hour light-dark cycle.

But now we stay up later – on average, we sleep for two hours less than we did in 1960 – and the release of melatonin can be delayed. Exposure to light at night-time can also reduce levels of melatonin, further disturbing your body's natural rhythm.

"If you're out of sync with your body clock, melatonin levels can still be high when you wake," says Dr Revell. In practical terms, that means your body may still be in 'sleep mode' when you're driving to work in the morning. And at the end of the day, an out-of-sync body clock can also stop you falling asleep at night.

In the longer term, scientists think that **resisting the natural cycle may have serious consequences for a person's health** – studies have shown that shift workers have higher rates of cardiovascular disease and cancer.

"We know that even after 20 years the body doesn't adapt," says Professor Foster. "Forcing your body to be alert and active at a time it should be asleep triggers a stress response in the body that lowers the immune system, and puts strain on the heart."



GET IN

SYNC TO STAY SLIM

Scientists are also finding links between the body clock and insulin, and how this affects both diabetes and weight gain. When the body clock is disrupted it reduces the ability of the pancreas to make insulin, raising the risk of diabetes. And researchers have also discovered that the body's sensitivity to insulin is controlled by the body clock, suggesting that when you eat could be just as important as what you eat if you want to stay slim.

It may explain why restricting eating to your most active eight hours of the day (such as 7am to 7pm) helps to keep you slim, and that eating your biggest meal at lunchtime rather than at night can mean you lose more weight, even though you're consuming the same amount of kilojoules.

During the body's 'resting' phase at night, food is more likely to be stored as fat rather than converted to energy, says Professor Foster. "The body isn't as

efficient at processing fat at night-time, and the glucose-insulin response is impaired," he says.

After only a few days of reduced sleep at night, people struggle to process glucose in a similar way to those who are in the early stages of diabetes. Getting out of sync with your body clock also makes you hungry. Other hormones are also affected – after only two nights of having two or three hours' less sleep than normal, the body makes 15 per cent more ghrelin (a hormone that boosts appetite), and 15 per cent less leptin (the 'full-up' hormone).

LARKS

VERSUS NIGHT OWLS

For most of us, staying up late is more likely to be a habit than an innate drive. Scientists have discovered a gene, called Period 3, which may determine whether

you're a night owl or a lark. Period 3 comes in a long and short version, and we all get two copies of the gene, one from our mother and one from our father. Around 10 per cent of the population have two long versions of the gene and tend to be naturally early risers, while between 10 and 15 per cent have two short copies which makes them night owls.

But the rest of the population have both long and short versions, which means that it's our daily habits that determine whether we become larks or owls.



SPRING

INTO SUMMERTIME

Part of the reason we can struggle to adjust to daylight saving time is that we tend to stay up later and sleep later at weekends anyway, pushing our body clocks later, so we find it extra hard to fall asleep at our usual bedtime on the Sunday evening of clock-change day (technically an hour earlier). "It adds up to the equivalent of flying two or three time zones eastwards," says Dr Revell.

But the good news is that most people find they have adjusted to daylight savings within a week or so. "Morning light is essential for synchronising our internal body on a daily basis. It can boost alertness and mood, and affect different levels of hormones," she explains.

To ease the transition, try bringing your sleep and wake times forward by 20 minutes each day for the three days leading up to the start of daylight savings and get some bright light as soon as you wake up, by having your breakfast by a window.

5 WAYS

TO SYNC YOUR BODY CLOCK



Get outside first thing.

Light exposure is crucial to regulating the body clock, especially in the early part of the day. Light is measured in lux – at home or work, you're exposed to around 50 lux, but outside you get between 10,000 and 25,000 lux. So make time for a walk early in the day – women who do this regularly have a lower BMI than those not exposed to morning light.



Stick to regular mealtimes.

To keep your body clock in sync, aim to eat at similar times each day. And keep your evening meals light – studies show the body becomes less sensitive to insulin and less efficient at processing fat towards the end of the day.



Pick up a book at bedtime.

Choose a paper book over an e-book. A recent US study shows late-night screen-time can disrupt your body clock, making it harder to fall asleep at night, and leaving you less alert in the morning.



Sleep in the dark.

Even a dim light in your bedroom – from a smartphone, LED display of your clock radio or even the standby button of a TV – could interfere with the chemical structure of your brain, and affect weight. If you can't block out all light, try sleeping with an eye mask.



Skip weekend lie-ins.

Sleeping late at weekends puts you at risk of 'social jetlag' – that groggy feeling on a Monday morning. Social jetlag can increase the risk of being overweight or obese, and make you more likely to be a smoker, consume higher levels of caffeine and alcohol, and be slightly more depressed than the rest of the population.

So skip the lie-in – if you've had a late night at the weekend, have a short nap after lunch to boost energy levels instead. ☺

WEIGHT-LOSS SURGERY:

What you need to know

What is really involved with weight-loss surgery? Larraine Sathicq looks at the different procedures and their pros and cons

With obesity linked to serious health problems like heart disease, diabetes and cancer, a growing number of Australians are looking to bariatric surgeons for an answer to weight-loss problems.

Obesity surgery used to mean having a gastric band – a device placed around the top part of your stomach to reduce the amount of food you can eat. But with the advent of more powerful operations, this procedure is not as commonly performed as it once was, says Associate Professor Robert Wilson from The Sydney Institute for Obesity Surgery (SIOS). “We have a range of bariatric procedures available, so it’s important to match the procedure to the individual in consultation with an obesity doctor, dietitian and psychologist,” he says.

Associate Professor Wilson talks us through the weight-loss procedures available today.

LAP BAND

An adjustable device placed around the top of your stomach makes you feel fuller faster and decreases the amount of food you can eat in one go.

PROS: This is the simplest and least expensive of the weight-loss procedures. There’s minimal risk of complications and it’s completely reversible.

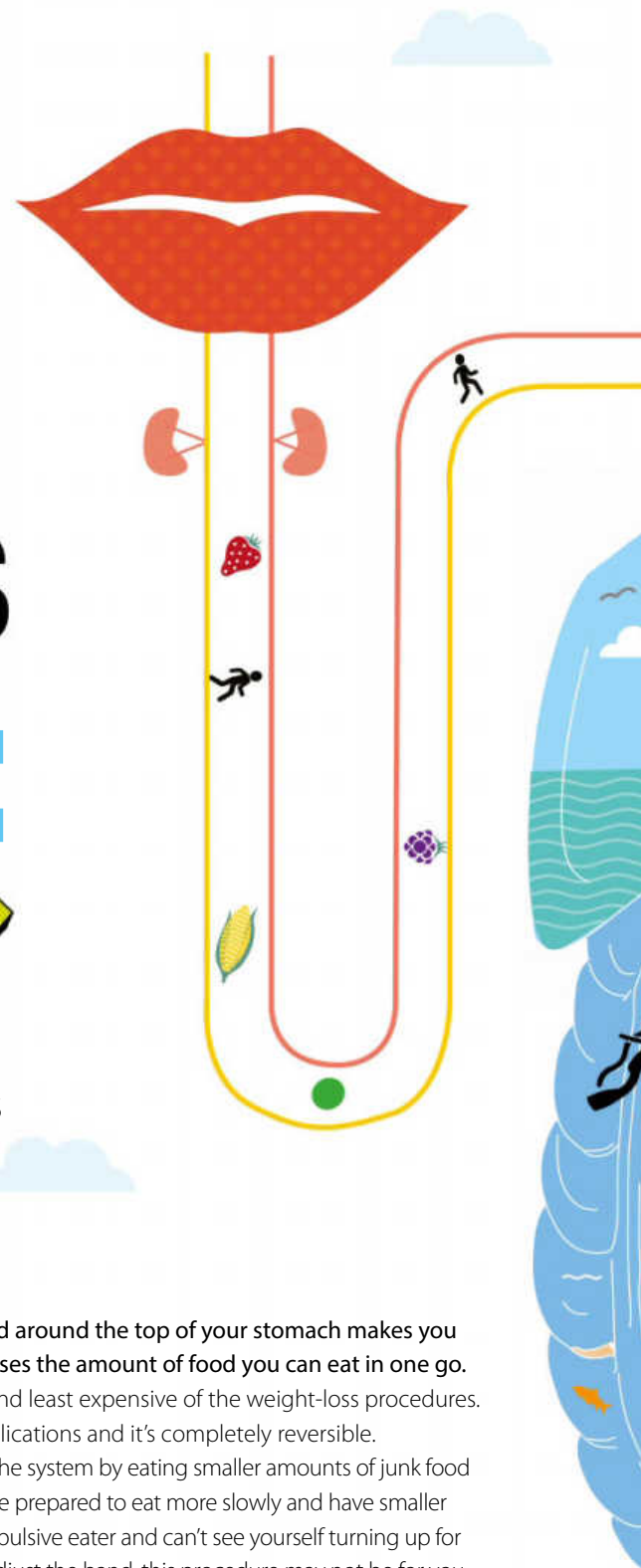
CONS: Some people ‘cheat’ the system by eating smaller amounts of junk food rather than eating healthily. Be prepared to eat more slowly and have smaller portions. Also, if you’re a compulsive eater and can’t see yourself turning up for follow-up appointments to adjust the band, this procedure may not be for you.

GASTRIC SLEEVE

This procedure removes the outer part of your stomach, leaving you with a tube or ‘sleeve’ with a 75 per cent reduction in stomach space.

PROS: Not only does this limit the amount of food your stomach can hold (about one cup per meal), it also reduces the hunger signals your brain receives. Weight loss is usually rapid and significant.

CONS: This procedure is irreversible, so you can’t change your mind once it’s done. It doesn’t influence the type of food you can eat, so if you fill up on junk food you’re likely to end up with a nutritional deficiency and you could even put weight back on. Complications are more common than you get with lap-band surgery and may include reflux problems, bleeding or leaking from the staple line.





HEAR ROBERT WILSON EXPLAIN WHAT YOU NEED TO KNOW ABOUT WEIGHT-LOSS SURGERY. Use the free **viewa** app and scan your device over this page to watch.

GASTRIC BYPASS

With this procedure the surgeon creates a small gastric 'pouch' and attaches it to a spot that bypasses the stomach and the first part of the small intestine. It reduces absorption of food by restricting contact with bile, pancreatic and stomach juices. Weight loss is the result of a smaller gastric volume capacity and suppression of gastrointestinal hormones like ghrelin (the 'hunger hormone').

PROS: Gastric bypass is the most powerful and complex of the weight-loss surgeries and the one most likely to produce quick results. Because you're not actually having your stomach removed, this procedure is potentially reversible.

CONS: Because your ability to absorb nutrients is reduced after this surgery, nutritional deficiencies can be a problem, so you may need oral, injected or sublingual (under the tongue) vitamin and mineral supplements. You can also expect a longer hospital stay and recovery period.



DEBBIE HALLIWELL, 51, SHARES HER STORY.

"I've been big all my life but at age 36 and weighing 138kg, I believed gastric-band surgery might be the best solution. I'd already tried dieting, weight-loss supplements and even resorted to illegal amphetamines. I had the surgery done in Brisbane and at first it worked. Within a month I was 15kg lighter, but I was depressed.

The problem was I was physically thinner but my mind hadn't caught up. I still felt like the fat kid who wants junk food and will have it any way she can. I knew it was possible to cheat the gastric band and that's what I did, almost immediately. You're only supposed to have fluids for the first two weeks post-op, so I'd buy a meat pie and eat the filling. It got to the point where I'd shovel food in, even when it caused horrendous pain, and I would have to make myself vomit to ease the pressure.

The idea of follow-ups every six to eight weeks didn't appeal because after having the band adjusted you're back to two weeks of fluid only. I'd tell myself Christmas is coming, there's a party next week or I'm just too busy right now. In the end, I stretched my stomach so much the band slipped and I had to have it removed.

I put all the weight back on and 20kg more, so I decided to have a gastric bypass and I have no regrets about that because the surgery changed my life. It's not possible to cheat with this and so far I've lost 58kg. There are certain foods I can't tolerate now, like chocolate and fizzy drinks – and I have to take vitamin supplements to stay healthy but I feel fuller faster and my mind finally got the memo." 🍕

WHEN SEX HURTS

A range of health and lifestyle problems can lead to painful sex. Many women are reluctant to seek professional help but there are plenty of treatments that can ease the pain.
By Sarah Marinos

Sexual health experts estimate that one in six to one in 10 women find sex becomes a pain rather than a pleasure at some time in their life. Embarrassed, many women hesitate to see a GP, but this can make matters worse, says Dr Elizabeth Farrell, gynaecologist with Jean Hailes for Women's Health.

"If intercourse continues to be painful a woman will lose her libido, she'll avoid sex and that can lead to difficulties in her sense of self as a sexual woman, and it can impact on her relationship," she says.

Here we outline 10 causes of painful sex and treatments to bring relief.

Pelvic inflammatory disease (PID)

This is usually the result of a sexually transmitted infection, like chlamydia or gonorrhoea, that spreads from the vagina to the cervix, uterus and fallopian tubes. About 10,000

women a year are treated for PID. Symptoms include lower abdominal pain, changes in the smell or colour of vaginal discharge and pain during sex. Untreated, PID can lead to infertility. Treatment is a straightforward course of antibiotics. Your partner needs to be tested too, and you should not have sex until treatment is finished.



Fibroids

Fibroids are more common after the age of 40 – about 40 per cent of women get them – and they can be painful during sex when the fibroid can hit against your bowel or bladder. Signs of fibroids are heavy and painful periods, spotting and needing to

wee more than usual. They are diagnosed using an ultrasound.

"You'll probably need to have the fibroid surgically removed," says Dr Gino Pecoraro from the Royal Australian and New Zealand College of Obstetricians and Gynaecologists. This may be via keyhole surgery or using ultrasound heat to destroy the fibroid. Newer treatment injects minute glass beads, like sand, into the blood vessel feeding the fibroid. This blocks its blood supply so it shrinks and dies.

Adenomyosis

The risk of adenomyosis rises for women in their 30s and 40s. "The lining of the uterus grows into the muscle wall ►



RUBBER CONDOMS

"Condoms can cause trauma to skin when you have rubber rubbing against skin," says Dr Pecoraro. Sometimes vigorous sex wears out skin around the genital area, too, like rubbing away skin on your heel that causes a painful blister.

The solution? Use condoms for sensitive skin with water-based lubrication. Your GP may prescribe steroid cream to damp down inflammation, and penetrative sex should be avoided while the skin heals. Adding a handful of salt to a bath and soaking skin for 10 minutes daily for three to five days may also help.

**“PELVIC FLOOR
MUSCLES
AREN'T MEANT
TO BE TIGHT
ALL THE TIME”**

of the uterus. This leads to tenderness, painful periods and pain when you have sex,” explains Dr Pecoraro.

Adenomyosis is diagnosed with a transvaginal ultrasound, where the ultrasound probe is placed inside the vagina. Commonly adenomyosis is treated with hormones, such as the Mirena IUD, that thin the uterus lining.

The reason some women get adenomyosis is unknown, but the condition often disappears after menopause.

Skin problems

Skin around the vaginal entrance may become irritated as a reaction to perfumed soaps or shower gels. “Don’t use soap in the vaginal area, just water,” says Dr Farrell. “Wear cotton undies and only use cotton pads or tampons.”

The vaginal area can also become itchy due to lichen sclerosus, which affects around one in 80 women from middle age. Skin around the vulva becomes pigmented, thickened and crinkly and the vagina opening narrows. Cortisone cream is applied to the inflamed area and some women may need surgery to remove skin blocking the vagina entrance.



Endometriosis

In endometriosis the lining of the uterus grows outside the uterus and thickens. This leads to scar tissue that can stick to the ovaries, fallopian tubes and bowel. Signs of endometriosis include painful periods and pelvic pain. Women can develop endometriosis due to menstrual blood flowing backwards into the fallopian tubes during a period. A family history of the condition is also a risk factor.

“During sex, the uterus, ovaries and fallopian tubes are supported but move in the pelvis,” says Dr Pecoraro. “If you have scarring the tissue becomes tight. With thrusting during sex, you get pulling on scar tissue that pulls on connected organs and causes

pain.” Treatment can include hormone therapy, the Pill or removal of scar tissue.

Vaginismus

If you have involuntary tightening of the muscles around the vagina during sex you may be experiencing vaginismus. It can happen due to vaginal damage during childbirth, or there can be psychological factors such as a fear of intercourse due to sexual abuse or an abusive relationship. Cognitive behavioural therapy provides psychological support while pelvic floor physiotherapy helps to relax muscles.

“We recommend rubbing steroid cream into the muscle just inside the vagina, to relax it,” says Dr Pecoraro. Botox may also be injected into

the muscle to paralyse it so that it doesn’t tighten.

“Often there’s a focus on strengthening pelvic floor muscles to stop incontinence,” says Shan Morrison from Women’s & Men’s Health Physiotherapy. “But the pelvic floor muscles aren’t meant to be tight all the time. They should be soft and flexible, like the muscles between your thumb and index finger.” See your doctor for advice about pelvic floor exercises if you think this could be contributing to the problem.

Oestrogen loss

Around perimenopause and menopause oestrogen levels fall, leading to vaginal dryness, and about five per cent of women report pain most times they have sex. “The fall in oestrogen causes

thinning of the vaginal tissue, dryness and lack of lubrication," says Dr Deborah Bateson, medical director of Family Planning NSW. "Try over-the-counter lubricants from the chemist, and your GP or gynaecologist can prescribe vaginal lubricants that plump tissue in the area. A dose of vaginal oestrogen in a cream or tablet may also be helpful." These can be inserted into the vagina using a special applicator.

Size disparity

"If the erect penis seems too big for your vaginal entrance

and entry is painful, your automatic response is to tighten your pelvic floor," explains Dr Farrell. This can be helped by gentle dilation of the vaginal entrance and by pelvic floor exercises such as pulling in the pelvic muscles, holding for 10 seconds and then releasing the muscles slowly. Repeat this up to 10 times, a few times a day.

"Sometimes we recommend dilators – different sized glass or plastic tubing that is gently inserted into the vagina," adds Dr Farrell. "Women graduate to the size that allows her to fit her partner's penis."

Vulvodynia

In some women the skin around the vaginal opening becomes sore after a bout of thrush. Signs of thrush include white vaginal discharge and stinging that lead to the burning sensation typical of vulvodynia. "Women often experience burning or stabbing sensations during and after sex," says Morrison.

Treatment may include moisturising creams to reduce inflammation, and avoiding soaps and shower gels. Thrush is cleared with anti-fungal creams applied inside the vagina or with oral medication.

WHERE TO GET HELP

• See your GP or go to the Sexual Health & Family Planning Australia website, www.shfpa.org.au, and click on 'Find a Clinic' to find a sexual health clinic near you.

• Family Planning NSW, fpnsw.org.au or call

1300 658 886.

• Jean Hailes for Women's Health, jeanhailes.org.au or call

1800 532 642.

• NZ Vulvovaginal Society, anzvs.org. Go to the patient information link. •

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SURPRISING CAUSES of HAIR LOSS

Losing your hair can be very distressing – but there are solutions out there, discovers Helen Foster

A lustrous head of hair is often associated with femininity, so hair loss or thinning can be one of the most upsetting and frustrating conditions for a woman. Knowing the possible cause is the key to reversing it – and some causes might surprise you.



YOUR HORMONES

Changes in hormones can trigger a higher percentage of hair than normal to enter the resting phase, during which it falls out. So you may find an

alarming amount of hair in your hair brush and a general thinning over the scalp. These changes can happen naturally around menopause or after pregnancy but may also occur if you change your contraceptive method.

"The loss normally happens about three months after the hormonal change and will reverse once the body adapts," says David Salinger, executive director of the International Association of Trichologists.

However, some types of progesterone-based contraceptive pills, including those containing levonorgestrel or norethisterone, mimic male sex hormones. "This can trigger genetic hair thinning in

predisposed women," explains Salinger. If you're on a Pill that contains these hormones and losing hair it's a bit more complicated to fix, so see a trichologist who can investigate your hormone history.



DENTAL INFECTIONS

If you've just got one bald patch and it's in line with a painful or infected tooth the two might be linked, say dental researchers at the Medical University of Plovdiv, Bulgaria. It's believed that white blood cells from an infected tooth

mistakenly attack nearby hair follicles, causing them to go into a resting phase. The good news is, when the Bulgarian researchers treated the infection, the hair grew back. They now suggest anyone presenting with a single patch of loss to have a dentist check their teeth, just in case there is an undiagnosed infection.



INSULIN RESISTANCE

This is a condition where your cells lose sensitivity to insulin, so the body produces more of it. It's most commonly ►

associated with symptoms like fat around the middle or the development of type 2 diabetes. But it can also trigger hair loss, says trichologist Anthony Pearce from Bowral, NSW.

"Normally, in women, insulin helps convert testosterone to oestrogen," he says. "But when insulin is high this process is suppressed, leaving high levels of male hormones in the body. This can trigger the hair to thin or fall out, in the same way as in men, behind the front hairline or across the top of the scalp."

If you're experiencing thinning and have symptoms such as high blood pressure, high cholesterol and weight gain around the middle, it might be worth asking a doctor to check your insulin/blood glucose levels.



MARATHON RUNNING

It might be healthy for your heart, but excessive exercise is a stressor to the rest of your body. "And stress and hair loss are inexorably linked," says Pam Jameson-Smith from Melbourne's Trichology Technology. "There is experimental data that shows that high stress levels increase levels of hormones linked to all the types of hair loss," she says.

In most cases the hair will come back once the stress passes.



DIVORCE

Talking of stress, when it comes to emotional upheaval, the break-up of a relationship is the most common cause of hair loss in women, according to studies on twins by US cosmetic surgeon Bahman Guyuron. He found that marriage stress or the death of a partner specifically manifested in loss of hair down the parting and that twins in stable marriages tended to have more hair overall than those with more marital upset.

If you are a twin also watch out for alopecia. "There's an extraordinary type of hair loss where two closely related people actually suffer alopecia together," says Jameson-Smith. "One example of this was a pair of twins where one was severely stressed and developed alopecia, and soon after the other also suffered loss in the same place."

It's also been seen in married couples. As with exercise stress, once emotional stress eases the hair normally returns.



VITAMIN D DEFICIENCY

Cairo University researchers have found a link between low levels of vitamin D and hair



Going vegetarian

Low protein and low iron intake are both linked to an increased risk of hair loss. "And both can occur if you go vegetarian and don't do it well – and I rarely see people in my clinic who are doing it well," says Carolyn Evans from Absolique Hair Health Clinic in Brisbane. Diet-based hair loss normally manifests as a thinning all over the scalp rather than patchy hair loss, and it can develop months or years after the diet change. If you eat a restricted diet, getting your iron levels checked is the first step in potentially finding a cause.

loss, and this is something Pearce also sees regularly in his clinic. "It is linked to poor thyroid function which commonly manifests in hair loss," he explains. "To work, the thyroid hormone T3 must enter deep into the cell's nucleus and vitamin D is the transporter that makes this happen. If you have a

vitamin D deficiency this can't occur and the thyroid can underperform."

Pearce suggests having both vitamin D and thyroid hormones examined by a trichologist if you suspect that this might be a cause as it's a delicate balancing act to reverse things without medical help. 🍌



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A woman with long blonde hair, wearing a light blue short-sleeved dress and gold sandals, stands in a modern living room. She is leaning against a wooden sideboard. The room features a large wall mural of monstera leaves in shades of blue and green. To the left, there is a brown leather armchair with a blue geometric patterned cushion and a round wooden coffee table with a potted plant. A black floor lamp is visible in the background. The floor is made of light-colored wood.

IS YOUR **HOUSE** **MAKING** **YOU** SICK?

Your home can pose some surprising potential risks, but making it healthier is easy! Helen Foster reveals how

Home: it's your sanctuary. It's where you eat, sleep and relax, but did you know that what goes on in your house and neighbourhood could be affecting your health? The latest research reveals some intriguing findings. Ask yourself the following questions and discover how different aspects of your home have an impact on your wellbeing, and what to do to improve it.

Does your neighbour smoke?

If they do and you live in an apartment or terrace house, it's likely you're being exposed to second-hand smoke, says US research. "Think of it as what happens if you cook bacon – the smell spreads all over the house through doors, windows and even thin walls. Tobacco smoke travels similarly," says study author Professor Karen Wilson. As yet there's no way to absolutely reduce risk, but ensuring your home is well insulated could help.

Is your water hard?

Then your heart is likely to be happy, as studies have associated living in a hard water

area – which means the water has more minerals – with a lowered risk of cardiovascular disease. The reason isn't entirely understood yet. "We still need to do more work to confirm it, and even those who are convinced of the link debate which constituent of water – calcium magnesium, or both – might be responsible," says water quality expert Dr Martha Sinclair from Monash University.

Much of Australia has soft water, but lucky exceptions include areas in WA, SA and South East Queensland. Your water company can tell you which type you have.

Do you live near a fast food joint?

Then not surprisingly you may have a higher risk of obesity, but more surprisingly you might also have less patience. Canadian research has found people who live in areas with a high concentration of fast food joints are less likely to enjoy simple, joyful experiences such as exploring nature or walking on a sunny day, as they are used to fast gratification. If that sounds like you, try practising mindfulness exercises to restore patience and help you get back in touch with the simple things.

Have you got open bookcases?

Then beware of sneezing, sniffing and other signs of dust allergies – as bookcases are one of the home furnishings most associated with these symptoms, says building biologist Lucinda Curran from Eco Health Solutions. "Anywhere there is dust there are dust mites – and people with allergies react to the faeces of these mites. Books are a particular problem though as dust is stirred up as you take them on and off the shelf – but also the inks used to print books can cause symptoms in some people, as can mould which collects between the pages."

Sadly the best way to reduce dust – wet dusting – isn't suitable for books. So to reduce risk you need to regularly vacuum your bookshelf (using a suitable attachment). Or simply fix some doors to your bookcases which helps stop dust collecting.



Do you live within a kilometre of a bar or bottle shop?



Then you'll be 13 per cent more likely to drink heavily than someone living further away. "Stimulus triggers behaviour," says behavioural expert Rik Schnabel. "The smell of beer and the sight or sounds of people having fun in a pub can stimulate

our senses and the urge to drink." Avoiding the stimulus is therefore the key to resisting temptation – walk a different way home or avoid having alcohol in the house so even if the urge strikes it won't be as easy to succumb. ►



What do you use for cleaning?

Be careful if it's mostly bleach – recent studies from teams in Finland and Spain found that children raised in houses where lots of bleach was used were more prone to respiratory infections like flu, tonsillitis or bronchitis.

Whether it's something in the bleach irritating the lungs, or the fact that bleach kills more germs so children's immune systems are under-stimulated, the researchers don't know. But until they do, perhaps keep bleach for very-high germ areas like toilets and chopping boards and use other cleaners elsewhere.

If you're worried about not getting all the bugs, make that other cleaner lemon- or lime-scented. According to studies from the Netherlands we clean more thoroughly when exposed to citrusy smells.



How many trees can you see?

The more the better. Research from the University of Queensland found that not only are people in green-filled areas more likely to exercise, they also experience better mental health. "Seeing greenery elicits the relaxation response in our body," says Sydney-based wellness coach Kirsten Rennie. "It has a way of bringing us out of our heads and into our body so we can be more present and able to solve problems. I regularly suggest clients who are stressed or stuck in a rut spend time in nature."

If you don't live in a green area, buying indoor plants can also help – or simply put up some tree pictures. Studies at the UK's Exeter University have shown even images of nature promote relaxation.



What colour are your walls?

Different shades are associated with different issues. When it comes to kitchens, eating behaviour expert Brian Wansink from Cornell University in the US says bright white is worst as it stimulates eating. While if you've got a skin problem, work by the UK's National Health Service suggests avoiding orange. Staff in dermatology units there reported patients were more likely to feel itchy when surrounded by red or orange walls (possibly because they reflect skin tones). The same report says red or orange also increase stress and anxiety. Blue might be a better colour – it's associated with better sleep and pain reduction.

How well do you get on with your neighbours?

The better the relationship the healthier you're likely to be, particularly in old age. Positive social relationships are beneficial – both by facilitating engagement in healthy behaviours like exercise, but also as a resource during stress, or if we need specific information

like the best local doctor, says psychologist Tim Windsor. "In my experience simply taking the trouble to say 'hello' and introduce yourself over the fence usually meets with a positive response," he says. And if it doesn't, go next-door-but-one and say 'hi' there, or volunteer at a local community centre – simply feeling connected to your community boosts health. ◊



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WAYS TO CUT YOUR

dementia risk

WHAT CAN YOU DO TO PROTECT YOURSELF FROM DEMENTIA? SARAH MARINOS ASKS THE EXPERTS

Worldwide, more than 44 million men and women are living with dementia. In Australia each week, 1800 people are diagnosed with the disease – and mental health experts believe these statistics will rise in future years.

Dementia leads to a gradual decline in how a person functions physically, mentally and socially. Its symptoms can include the loss of memory, a loss of

the ability to focus and pay attention, a loss of reasoning or rational thought and diminishing language skills.

One of the most common forms of dementia is Alzheimer's disease. Research has indicated that our environment and lifestyle may play a role in reducing the risk of developing dementia. Here, some of Australia's top mental health experts share what you can do to protect yourself from the illness.

Meet the experts



Professor Henry Brodaty, co-director at the Centre for Healthy Brain Ageing at the University of New South Wales.



Dr Maree Farrow, research fellow at Alzheimer's Australia Victoria.



Dr Joanna Brooks, research fellow at the Centre for Research on Ageing, Health & Wellbeing at Australian National University.



1 LOOK AFTER YOUR CHOLESTEROL AND BLOOD PRESSURE

We know there is a strong link between heart and brain health. So have regular check-ups to check your cholesterol and blood pressure. Evidence suggests high blood pressure and/or high cholesterol during mid-life increase the risk of dementia. High blood pressure and high cholesterol damage blood vessels and our brain needs healthy blood vessels to help brain cells function. Reduce blood pressure by eating less salt, exercising and taking blood pressure medication if needed. The good news is research shows treating high blood pressure and cholesterol can decrease the risk of dementia.

– Dr Maree Farrow

2 THINK ABOUT YOUR RISK OF DEMENTIA NOW

People don't think about dementia until they're older, usually in their 60s or beyond. It's never too early to start looking after your brain because we know Alzheimer's starts to develop around 20 to 30 years before you have dementia symptoms. The disease damages the brain very gradually during that time.

– Dr Maree Farrow

3 GO MEDITERRANEAN

Some studies looking at the Mediterranean diet have shown it may help reduce the likelihood of developing dementia. Food rich in antioxidants may be helpful and there's some evidence that fish is good, too. The omega-3 fatty acids in fish are thought to reduce inflammation in the brain and several studies have found an association between a higher intake of fruit and vegetables and a lower risk of dementia. So follow the Australian Dietary Guidelines for a healthy diet.

– Dr Joanna Brooks



4 DON'T SMOKE

We're not 100 per cent sure of the mechanism and the link to the increased risk, but we know that people who are heavy smokers have an increased risk of developing Alzheimer's disease. Some studies have shown almost an 80 per cent higher dementia risk. So if you are a smoker, quit.

– Dr Joanna Brooks ►



5 Exercise for at least half an hour a day, five days a week

Exercise is important for brain health. Aim for at least half an hour, five days a week – a bit more than that is better. Getting a little puffed is also good. Our research found resistance training, such as using weights, benefits older people with some memory complaints. Research also shows aerobic exercise increases the size of the hippocampus, the part of the brain that's our short-term memory centre. One study found people who exercised at least twice a week at midlife were, on average, 52 per cent less likely to get dementia.

– Professor Henry Brodaty

6 MIX UP YOUR MENTAL ACTIVITY

Learning new things exercises the brain cells and builds new connections between them. You help the brain compensate for damage that might occur later. Listening to the radio, reading, doing crosswords and visiting museums may all help protect against dementia, according to a review of research on mental activity and cognitive decline.

– Dr Maree Farrow

7 Wear a helmet

Traumatic brain injury is a risk for dementia – so protect your head. Wear a helmet when cycling, skiing or rollerblading, or when playing sports like rugby. If you have trauma to the head it can give you a lesion, a sort of bruise in the brain. A bad lesion can damage brain cells, cause death in the tissue around the brain, and is associated with an increased risk of dementia.

– Dr Joanna Brooks



8 MAINTAIN A HEALTHY WEIGHT

Obesity in midlife is a risk factor for dementia. Being overweight – having a BMI of 25 to 30 – slightly increases the risk of dementia. But being obese – having a BMI greater than 30 – is a clearer risk factor and this has been demonstrated by several research studies. Central obesity, so having a large waist, is particularly associated with a higher dementia risk in studies.

– Dr Maree Farrow

9 BE CAREFUL IN THE GARDEN



Pesticide exposure has long-term cognitive effects and may be linked to the development of Alzheimer's disease. So if you use pesticides or

chemicals to get things growing in the garden, wear rubber gloves, an apron and perhaps a face mask.

– Dr Joanna Brooks

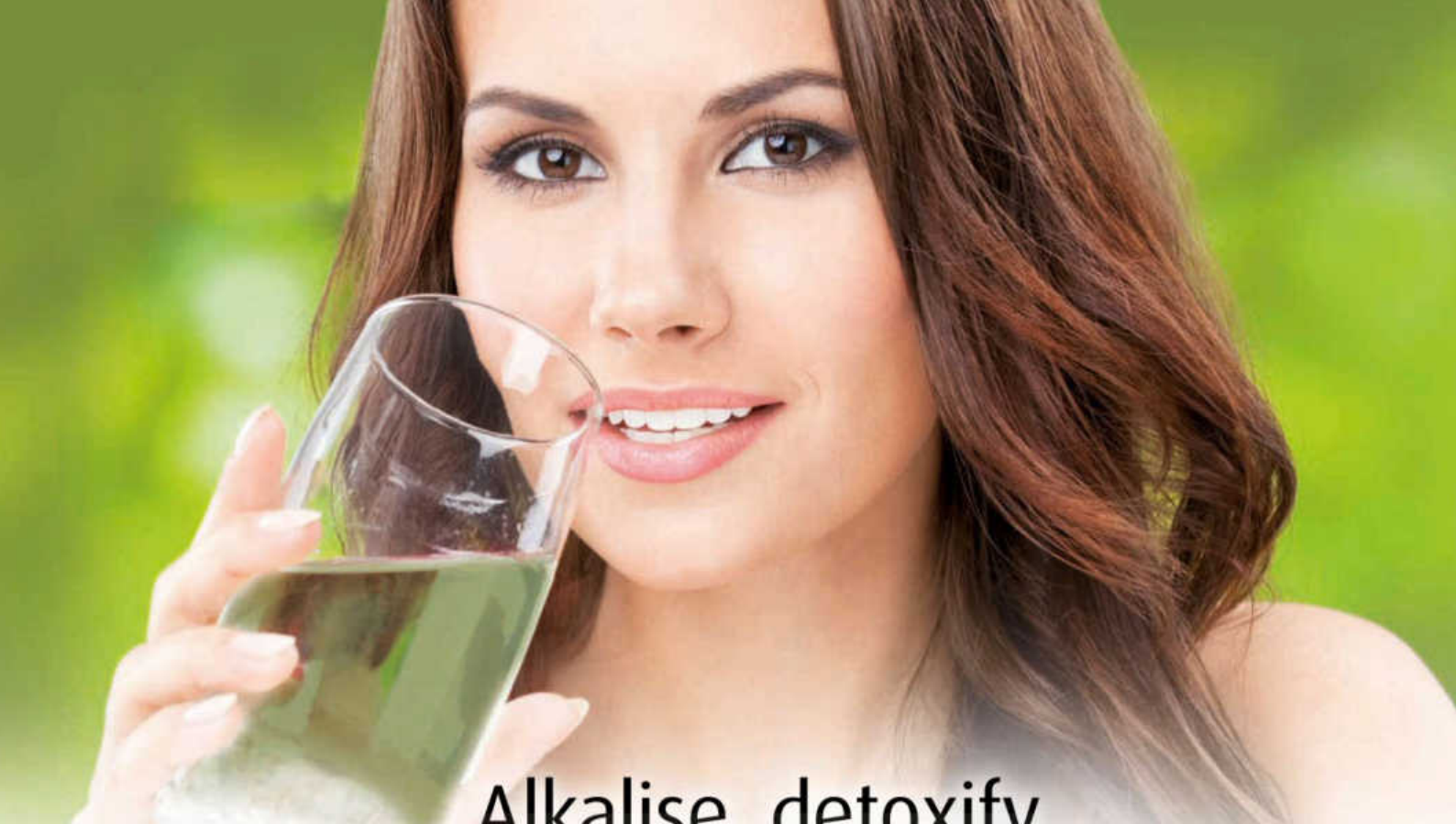
10 WATCH YOUR DRINKING

While excessive alcohol is linked to poor brain health, drinking light to moderate amounts of alcohol is associated with better preserved cognitive function. There's no need to start drinking if you don't already, but following the recommended daily allowance for safe drinking – no more than two standard drinks – is a good idea. Over-indulging over years, or regular binge drinking, increases your risk of dementia.

– Dr Joanna Brooks



For more information go to yourbrainmatters.org.au or fightdementia.org.au.



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Revolutionise

YOUR

HEALTH

{ WITH INCIDENTAL EXERCISE }

KEEP MOVING WITH SMALL BITS OF ACTIVITY THROUGH THE DAY AND YOU REALLY CAN PROTECT YOUR HEALTH, WRITES HELEN FOSTER

We're often told that taking the stairs not the lift, or getting off the bus a few stops early can help our health – but how much difference can those small bits of activity really make? We investigated and found you can pretty much give your entire health a makeover...

REDUCE CHOLESTEROL

— SIMPLY BY TAKING THE STAIRS

One of the ways that cholesterol-lowering drugs work is to block production of an enzyme called PCSK9 – but recent research from University of Geneva found climbing stairs cuts this naturally. In fact, when hospital employees were told to take the stairs instead of lifts for three months their levels of PCSK9 fell by nearly a fifth, and their levels of harmful LDL cholesterol fell too.

As an added bonus, taking the stairs is also associated with significant energy burn. "Climbing five flights of stairs a day during the working week burns 1269kJ," says researcher Dr Lewis Halsey from the UK's University of Roehampton. ►



REDUCE YOUR RISK OF BREAST CANCER

— BY DOING HOUSEWORK

It's well known that activity helps reduce risk of breast cancer, but when researchers, looking at the link between cancer and lifestyle, examined which type of movement was particularly protective, they found it was housework. In fact, the risk fell by 20 per cent in post-menopausal women and 30 per cent in pre-menopausal women doing the most housework, and by most we do mean a lot – the women in the trial were doing 16 to 17 hours of housework a week.

If that sounds impossible to fit into an already busy life, don't fret. Housework means any chores including walking the dog, shopping for groceries, doing the gardening, and playing with your kids. You don't need to have a duster or iron in your hands.



Yes, washing dishes is good for you!

LOWER BLOOD PRESSURE

— BY REACHING YOUR 10,000 STEPS A DAY

Walking the magic 10,000 steps a day figure has been shown to reduce blood pressure from an average of 149/98 to 139/90 in as little as 12 weeks, shows research from Japan's Wakayama Medical College. Measuring steps with a pedometer doubles the steps you're likely to take, shows a University of Western Sydney trial. But to power things up, walk everywhere as if you were just a little bit late for everything, as faster walking gives the greatest health benefits. "Picking music with a fast beat and walking in time to it is an easy way to help increase speed," says walking expert Diane Westaway.



INCREASE YOUR VITAMIN D

— WHILE LOOKING AFTER YOUR GARDEN

When researchers looked at which activities best raised vitamin D levels, they found it was gardening. Dr Marina De Rui from Italy's University of Padova says, "We suspect it's because gardening is such a regular pastime, it demands a certain regularity and can keep someone occupied for hours on a daily basis."

She adds that gardeners may also be outdoors closer to the middle of the day than, say, walkers, and vitamin D is more effectively made when the sun is higher in the sky.



BE THINNER AND HAPPIER

— START WALKING TO WORK

Researcher Adam Martin from the UK's University of East Anglia has studied what happens when people walk, cycle or take public transport to work and he's found that compared to drivers they are happier and less stressed, and find it easier to concentrate at work.

"You might think things like disruption to services or crowds might cause stress but because buses and trains give people time to relax, read and socialise, along with the walk to the station or bus stop, it appears to cheer people up," he says. And, if that wasn't enough to convince you to lose the car, he also found that within two years of swapping to walking, or even taking the bus/train to work, commuters lost between 1-7kg.

"People who take public transport are more likely to include some walking or cycling as part of their journey – from house to station, or between stations," he says. "And while the biggest losses were seen in those who walked/cycled for at least 30 minutes, it all adds up."

LIVE LONGER

— WALKING TO THE PHOTOCOPIER/ KITCHEN/BATHROOM UPSTAIRS



When researchers at University of Utah School of Medicine looked at which daily habits were associated with longevity, they found that people who took short walks – about two minutes movement for every hour they were awake – lived the longest.

"It added up to an extra 32 minutes of movement a day – which equals 3.7 hours a week – which we estimate would burn 1680kJ a week," says the study's author Professor Srinivasan Beddhu.

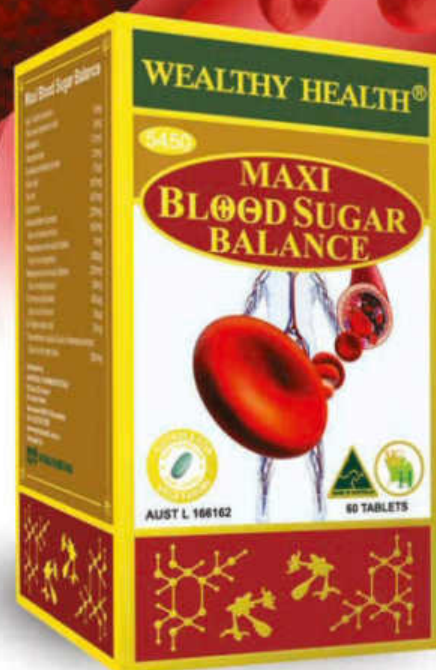
Not only would that trigger a weight loss of 2.7kg in a year, helping lower risk of weight gain, the extra movement was associated with a 33 per cent lower risk of death during the length of the trial. +

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UNIVERSAL PHARMACEUTICALS

What happens to YOUR BODY WHEN YOU'RE **ANGRY**

Anger triggers physical responses that can damage your health. Karen Fittall looks at how to dial it back

Losing your temper kick-starts a chain reaction of events in your body. Here, we track the path of anger and discover how it affects your health, your memory and even the way you speak.



YOUR HANDS

As well as making more rapid movements, your hands may also start to shake when you're angry, which is an effect produced by the excess adrenalin moving around your body.



YOUR BRAIN

An almond-shaped bunch of neurons, called the amygdala, generates the first feelings of anger when you're faced with something that gets you riled up. The amygdala plays a key role in processing emotions and raises the alarm that you're fired up about something, which is the signal for other parts of your body to spring into action.

That angry feeling is immediately communicated to the brain's frontal lobes, particularly the left lobe, or hemisphere, which is the one involved in experiencing emotions related to closeness. It explains why avoiding an argument can be difficult – we're not programmed to walk away from situations, events and people that make us angry.



YOUR BLOOD

As part of the chain reaction kick-started by the amygdala, the sympathetic nervous system diverts blood from less immediately important organs, like your liver, stomach and intestines, and allows more blood to be pumped into the heart, muscles and brain. It's preparing your body for 'fight or flight' and is one explanation why your face can look more flushed and your muscles tense up when you get angry.

Your blood vessels also tighten and constrict, which pushes your blood pressure up. If the burst of anger is acute enough, it can even make a blood clot more likely.



YOUR HORMONES

The adrenal glands, which sit on top of the kidneys, react to the messages sent from the amygdala by increasing the production of adrenalin. This has a big knock-on effect, producing a whole range of physical effects. And, unlike when you're stressed, production of the hormone cortisol slows down when you're angry, which explains why it's difficult to accurately recall the details of an argument after the event. Lower cortisol levels are linked to poorer performance on memory tasks.



YOUR HEART

The extra adrenalin in your system makes your heart beat faster. This, combined with the effect anger has on blood vessels, blood pressure and the risk of clotting, means the risk of having a heart attack is 8.5 times higher in the two hours following a burst of intense anger.



YOUR SPEECH

That extra adrenalin can also affect your speech. You might find that you talk faster and more loudly, without even noticing you're doing it.



YOUR FACE

Seven different facial muscle groups instinctively contract to produce what social scientists call the universal 'anger face'. The face, which features a lowered brow, thinned lips and flared

nostrils, evolved to intimidate others by making the person who's angry look like they're capable of inflicting some harm if they don't get the reaction or result they're after.

TAME YOUR TEMPER

Try these five strategies to simmer down and limit how much anger hurts your health.

1 Don't vent: You might feel more relaxed after sharing your anger, but not only will you experience more frequent bursts of anger if you rant regularly, you'll also be more likely to express it in an unhealthy way, say US researchers.


2 Distance yourself: Next time you feel yourself getting angry, take a step back and pretend you're viewing the scene at a distance. Called 'self-distancing', this strategy was tested by researchers who found that people who did it when

provoked, minimised how angry and aggressive they felt.

3 Eat something: When you're hungry, levels of serotonin in your brain fluctuate and if they fall too far, your brain's ability to regulate and process anger rationally suffers. It means you're more likely to fly off the handle if you haven't eaten for a while, when you're confronted with something that riles you.

4 Exercise every day: It provides a brief vaccination against your temper, say US

scientists. When people enjoyed a 30-minute workout shortly before being exposed to a provocative situation, their ability to control their response improved significantly.

5 Listen to loud, chaotic music: Playing extreme music (such as heavy metal) when you're feeling angry works like an antidote, according to Australian researchers. Do it and you'll be left feeling less hostile towards whatever's irritating you by the time the song ends. 



Yes,

you can be more
CONFIDENT!

Does your self-esteem need a lift? Find out the best ways to feel empowered. By Bonnie Vaughan





When you're feeling confident the world is your oyster. You walk into a job interview knowing you're going to nail it. On the morning of a big presentation, you're raring to go. On a first date you're sure he'll be dazzled by your charms.

But what if you're not blessed with inherently high self-esteem, or a series of setbacks have chipped away at your previously confident self over time? We look at four different methods you can use to boost your confidence, rewire your brain to think more positive thoughts and learn how to fake it till you feel it.

MONITOR YOUR SELF-TALK WITH SELF-HYPNOSIS

They say that confidence is a state of mind: if you believe in yourself, you are much more likely to achieve what you set out to achieve. But if you have a negative feedback loop going around in your head – you're not good enough to get that job, you're going to say the wrong thing at that presentation, or you're going to get food caught in your teeth on that first date – you'll start to believe it.

"Your thoughts become your reality," explains Sydney-based psychologist and hypnotherapist Janine Rod. "But you can reprogram your beliefs and your goals to become much more positive."

Self-hypnosis – a technique in which you give yourself a mental command or suggestion – can be a powerful way to achieve this. If you're having doubts about an upcoming job interview, for instance, Rod recommends practising the following method every night for a week leading up to your interview:

"List five positive attributions about yourself, along the lines of 'I can achieve, I can be successful, I'm a great worker, I am prepared, I have the experience' and so on. Take three deep breaths. On your third breath, as you breathe out, close your eyes and list the affirmations. Then take a deep breath and open your eyes and come back into your surroundings."

You can continue your self-hypnosis techniques on the day of

your interview in the waiting area, says Rod. "As you're sitting in the waiting area, put your feet flat on the floor. Notice the sensation you have of your feet resting on the floor. Then say to yourself, 'I am relaxed, I am in control and I can achieve.'"

"This exercise is very grounding and centring," he says. It's also a practice you can incorporate into your day-to-day life to reset your inner dialogue.

TAP INTO A CONFIDENT MEMORY USING NLP

Try to recall the most embarrassing thing that has ever happened to you. It makes you cringe all over again, right? Our memories, both good and bad, are attached to powerful emotions and, according to Dr Vesna Grubacevic, author of *Stop Sabotaging Your Confidence*, you can use that to improve your emotional state.

Dr Grubacevic specialises in neuro-linguistic programming (NLP), a method that explores the interplay between mind, language, thoughts and behaviours to help make subconscious changes and silence negative self-talk.

"In the past it's likely you've had an experience where you've had a lot of confidence, such as playing a sport or doing a hobby," she says. "If you remember times when you had confidence, then automatically that feeling of confidence will attach to that memory."

Dr Grubacevic recommends a three-step trick you can use any ►

time before or during a stressful situation to trigger an instant confidence boost:

1. Choose a unique spot on your body that you would not normally touch – like the knuckle – as your ‘anchor’.

Think of a specific time in the past when you felt a strong sense of confidence.

2. Start pressing your anchor the moment you start to feel the confidence. Keep pressing until the feeling peaks, and then let go.

3. Wait a few moments and think about something different. Now test your anchor by pressing it again with the same intensity as before, and you will feel the confidence that you anchored in that spot.

➤ CHANGE NEGATIVE THINKING WITH CBT

It's not what happens in your life that causes distress or makes you doubt yourself, but how you think about those events. This realisation is at the heart of cognitive behaviour therapy (CBT), explains Dr Monica O'Kelly, director of Cognitive Behaviour Therapy Australia.

"There are many thinking patterns that interfere with your wellbeing, such as thinking the worst or putting unrealistic demands on yourself to be perfect," she says. "But there's no evidence that anything bad is going to happen, and nobody's perfect." CBT helps you to stand back from your emotional response and look at a situation objectively, which can reduce your anxiety and promote better self-esteem.

One of the methods Kelly applies in her practice is the 'five-column technique', which she recommends you try at home if you're faced with a situation that's causing you stress or concern.

To perform this technique, divide a piece of paper into five columns and break them down as follows:

✱ **Column 1:** Describe the situation that is causing you concern.

✱ **Column 2:** Identify the negative feelings it is stirring up. Is it anxiety?

Self-doubt? Fear of failure?

✱ **Column 3:** Write down the thoughts that pop into your head when you think about the situation.

✱ **Column 4:** Challenge those thoughts. Do you really believe them? Where is the evidence? What's really the worst that can happen?

✱ **Column 5:** Come up with more effective lines of thinking, such as, 'I don't have a crystal ball; I don't know what's going to happen in the future; I don't have to be perfect; no matter what happens, I am worthwhile anyway'. By doing this, you flip your inner chatter from negative to positive and you'll develop a more constructive way of thinking.



➤ CHANGE YOUR BRAIN CHEMISTRY WITH BODY LANGUAGE

Your body language not only affects how others see you, it has a direct impact on how you feel about yourself.

"If you're sitting hunched over, you're compressing your lungs and you can't breathe properly," says Rod. "If you pull your shoulders back, hold your head up high and open up your chest, you get more oxygen, which gives you more energy. When you've got more energy, you've got loads more motivation."

On top of that, assuming a confident posture can actually change your brain chemistry. A 2010 US study

found that striking a 'power pose' can actually increase your levels of testosterone, a hormone associated with confidence, and lower your levels of cortisol, the 'stress' hormone that promotes feelings of anxiety.

Harvard University researcher Amy Cuddy, who has studied the link between body language and hormones, recommends striking the 'Wonder Woman' pose – feet planted in a wide stance, hands on hips, chin raised and chest up – for two minutes before going into any kind of high-stress situation. As Cuddy explains it: "When you pretend to be powerful, you are more likely to actually feel powerful." 📌

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“How we *survived* A CRISIS”

When serious challenges strike it can make or break relationships. Angela Barrett spoke to two couples who have come out the other side together

When a crisis strikes – whether it’s a life-threatening illness, the death of someone close, a natural disaster or something else – it can shake the very foundations of your relationship. Even the closest couples can be tested by the maelstrom of unpredictable emotions and added pressures that come with unwelcome change or grief.

“We all cope differently and it’s important to allow yourself and your partner to use whatever coping strategies are helpful and deal with your emotions,” says psychologist Rebecca Guest.

We spoke to two couples who’ve been through a crisis, and are still going strong. ►

goodrelationships.





“It’s hard to put into words how much it meant having him as a solid presence.”

TRISH AND PETER SPRINGSTEEN’S WORLD CHANGED FOREVER WHEN THEIR 23-YEAR-OLD SON, CRAIG, TOOK HIS OWN LIFE IN 2007. TRISH, 59, AND PETER, 67, SHARE WHAT GOT THEM THROUGH.

TRISH: “Craig was intelligent, caring and cheeky, with lots of friends. His suicide came from left field. Pete and I found him. It was devastating. He had hung himself and slashed his wrists. The sound Pete uttered when we saw him – I never want to hear that again. Pete is usually a very easygoing person, very calm. I have never seen him as angry as he was. First he was angry with Craig, then himself, then the world.

We knew this was something that could destroy us and we didn’t want that. That night we hugged each other and made the decision that we would

be there for each other and for my mother and our daughter, Rochelle, who lives overseas. And that’s what we’d hold onto. That decision guided us through the most difficult time of our lives.

Our reactions to losing Craig were different. I’m big on emotions. I talked and cried a lot. Pete allowed me to rant and shout and was there to help pick up the pieces. It’s hard to put into words how much it meant having him as a solid presence.

Pete didn’t talk much initially. He was isolated and angry. When I realised this was the way he grieved I was able to accept it and step aside. He still has more anger than he used to but it’s part of who he is now – the Pete I love.

We got through this together and came out still loving each other and going strong, so we know pretty much nothing can destroy our relationship. Communicating our feelings has been the key, and for me it was knowing that Pete was there for me. Don’t ask me what would happen if I ever lost him because I don’t know.”

PETER: “I was in shock after Craig passed away. I went through the range of emotions. I cried a lot and was angry at myself that I didn’t see it coming. What did I miss? Trish and I agonised about where we went wrong. In the end we agreed that we didn’t go wrong and there weren’t any signs.

I coped initially by supporting Trish, then it was the support of others that got me through. Trish, her family and my twin brother in Melbourne have been amazing. In particular, the presence of Trish’s mum, Judi, helped us survive as a couple. She has been incredible, giving us advice and reassurance that we’re not alone in dealing with it. I absolutely love her for what she’s done and am closer to her than I’ve ever been. I have a much greater appreciation for other people now and the support they give me.

We’re still coming to terms with not having Craig, but this experience has strengthened our marriage. Trish and I are closer than any couple could be. I would do anything for her.”





KYLIE WARRY, 43, WAS DIAGNOSED WITH BREAST CANCER IN 2013. SHE UNDERWENT A DOUBLE MASTECTOMY AND IS HEALING EMOTIONALLY AND PHYSICALLY, WITH THE SUPPORT OF HER HUSBAND, MARC, 50.



KYLIE: "Marc has always been a ray of sunshine – optimistic, humorous and hopeful. He's incredibly supportive, helping me look through the dark for the brightness.

When we found out I had cancer he hugged me and said, 'It's going to be fine'. Then he drove me to my favourite winery. It was perfect.

Marc's always been a boob man but reassured me after my mastectomy, 'I love you. You're more than your boobs and body'. Every morning he tells me I'm beautiful and precious. Still, the surgery was a huge ordeal and Marc – who loves cuddles – has had to be mindful that touching me can hurt.

“My optimism has helped me enormously to know that together we can face this and get through it.”

I felt good about the mastectomy at first but recently it's hit me how big it all is. My body is different. I don't feel like me. It's changed how I feel about myself. Marc must find it confusing – sometimes he can joke with me and other times I'll burst into tears. I'll apologise the next day and tell him I'm feeling sensitive. I'm aware of how easily I could shut Marc out so I try hard to be open with him.

I know Marc fully accepts me. What's hardest for him is knowing how to deal with me when I'm so unpredictable and not accepting of myself.

We've faced the fact that I could die and that has made us much closer. I've just got

to find out who I am now. I'm so blessed to have Marc by my side as I do that."

MARC: "When Kylie was diagnosed with breast cancer I gulped on the inside, then I just knew that together we could get through this. I didn't know what that would mean for us but I knew we'd be okay.

When she was going to appointments I felt I needed to go with her so she knew she wasn't alone.

We've always been honest with each other about how we're feeling so when Kylie expressed fears that she wouldn't be the same woman, wife or mother after her

mastectomy, we were able to talk about that and I could reassure her that she was still a woman and the essence of her would never change.

I'm a cuddly person so it's been challenging because there are lots of things we used to do that we can't do now. I'm learning not to take that personally. We seem to be working it out.

My optimism has helped me enormously to know that together we can face this and get through it. Together we're processing what's happened and working out what our new 'normal' is."

✳ See Kylie's blog, baldbarrenandboobless.com. ☺

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MONEY SKILLS

YOUR KIDS NEED TO LEARN

The financial skills you teach your children when they are young will last them for life. So how can you help them learn to manage their money? Sarah Marinos asks the experts

IT'S one of the most important lessons parents can teach their children – how to manage money. “Kids learn attitudes and habits towards money from a young age, so it’s never too early to start talking to them about spending and saving,” says Miles Larbey, senior executive leader of financial literacy at the Australian Securities & Investments Commission (ASIC).

THE PRIMARY SCHOOL YEARS

Help children become familiar with the value of notes and coins by planning a family meal with a budget. Take them shopping and help them compare food prices and work out what they can afford by counting out the money.

“When we pay with plastic or shop online, children don’t see coins and notes being used,” says Larbey.

START THE SAVINGS HABIT

Primary school years are the time to establish regular savings patterns, says Veronica Howarth, head of school banking and youth at Commonwealth Bank.

“Perhaps your child wants an Xbox game that costs \$50, so help them work out how much pocket money they need to save weekly for the next 10 weeks to reach that goal. Match them dollar for dollar to incentivise their saving,” says Howarth.

ONLINE MONEY

Australian research found 61 per cent of six-year-olds believe you don’t have to pay money to watch movies on your parents’ tablets or smartphone, and some seven-year-olds think you don’t pay for an item when you buy it online. Children struggle to relate shopping with cards and ‘tap and go’ technology as spending real money.

“Purchase and download an app with your child,” suggests Howarth. If that app costs \$2.50, count \$2.50 from their pocket money to show how much they will pay for that app. When you withdraw money at an ATM, show children your statement so they see how the money in your hand has been deducted from your account.

THE POWER OF POCKET MONEY

Children generally start receiving pocket money at age seven – an average of \$10 per week – and it can help them learn that money has to be earned. But don’t



TAKE SOME CREDIT

Children can't get a credit card until age 18, but it's important they understand what credit is. "Remind children that credit is borrowed money that has to be paid back – with interest," says Larbey.

Teach children the concept of borrowing money and repaying it by providing small loans if they want to buy something. "Work out how they will repay you in instalments," he adds.

Talk about alternatives to borrowing such as regular saving or using a lay-by.

MOBILE PHONE MATTERS

"Start your child with a prepaid plan with a monthly limit and show them how to track spending and phone use. Keep that discussion going so they don't run out of credit after three days," says Dr Green.

If they are on a plan, explain how many hours you have to work to pay that bill. When children get a part-time job, discuss whether they could contribute to the bill.


MANAGING A BANK ACCOUNT

With parents' consent, children can have a debit card linked to their bank account from age 12 and at 16 they can have the card without your consent. Make it clear that money they withdraw from that magical hole in the wall comes out of their account, says Howarth. Discuss how much they can debit daily or weekly.

EXPECT SOME FINANCIAL BLOOPERS

Expect your children to waste money and run out of cash at times. Use these moments to talk about what would happen in the future if they had nothing left to pay for necessities. Discuss online shopping security, too, so children aren't scammed. Secure shopping sites should start with <https://> and have an image of a locked padlock. Remind children not to use public wi-fi networks to shop online as they are not secure.

For more ideas go to:

- * raisingchildren.net.au
- * moneysmart.gov.au
- * commbank.com.au/youthsaver 

pay them inflated sums to empty the dishwasher or tidy their room because when they get a part-time job they'll baulk at earning \$12 per hour.

"Have different jam jars where younger children can put pocket money for spending and money to be saved," says Larbey. For older children with a bank account, draw a money thermometer and every time they save \$10, they can colour in a degree on the thermometer.

MAKING MONEY LAST

Talk about value for money, says Dr Julie Green, executive director at the Raising Children Network.

"On a family outing, give a child some money to last them for the day, so they have to make decisions about how to spend it and what is good value," says Dr Green. Don't top up their money if they spend it quickly, and explain how it's important not to spend everything at once.

THE EARLY HIGH SCHOOL YEARS

This is the time when teens learn to manage a mobile phone so they don't use up their credit or run up eye-watering bills by sending too many texts and downloading too much data. Children may also get their first part-time job and gain more control over their own bank account.

NEEDS VERSUS WANTS

Talk about the difference between needs – like clothing, food and shelter – and wants, and how advertising uses pictures and words to persuade us to buy things we don't really need or can't afford.

"Encourage children to keep a spending diary so they can see where their money goes," suggests Howarth. Or use ASIC's MoneySmart *TrackMySpend* app and have a discussion about where money has been wasted.



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BEHIND *THE SCENES...*



On the shoot of our superfoods beauty story on page 118



We taste-tested this swag of organic goodies from About Life health food stores - yum!



Art director Jennifer Reyes gets creative with the beauty products from our eye make-up story on page 112.



Editor Catherine Marshall will be wearing this T-shirt to support the Fashion Targets Breast Cancer campaign this spring.



It's okay to play with your food on the set of a shoot! Find these delicious yoghurts in our Culture Club story, page 78.

AND MUCH *MORE...*



Fitness



Wellbeing



Nutrition

Beauty

eat smart

make the right choices for a healthier, stronger and fitter body



THE NEW HEALTHY EATING RULES

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THE NEW HEALTHY EATING *Rules*

So you're already a healthy eater? A few simple tweaks to your food habits could really amp up your wellbeing, finds Helen Foster

You eat your seven portions of fruit and vegetables daily, watch your sugars and fats and drink sensibly, so you think you've got healthy eating sorted. And yes, it's true, you've got the key healthy habits on track, but you can boost your eating even further. Here, the experts share their recommendations for the latest healthy eating rules that will make a difference.

1 DELAY YOUR FIRST COFFEE

It might be the first thing you reach for in the morning, but Steven Miller from the Uniformed Services University of the Health Sciences in the US says this can increase the amount you need to drink to get that AM jolt. The reason is that levels of the alertness hormone cortisol are high between 8am and 9am and, according to Miller, drinking coffee when cortisol is at its highest counteracts some of the effects, meaning you need a larger dose to get results. "One key principle of pharmacology is to use a drug when it's needed – otherwise we can develop tolerance to the dose administered," he says. The best time to enjoy a cup is between 9.30am and 11.30am, when cortisol levels are lowered.



2 REHEAT YOUR PASTA

According to work by Dr Denise Robertson from the UK's University of Surrey, eating pasta that's been cooked, cooled and then reheated decreases the rise in blood sugar, and therefore insulin, that occurs when you eat high levels of carbohydrates by more than 50 per cent. Controlling this more successfully lowers the risk of insulin resistance, a condition linked to weight gain and type 2 diabetes. The reason is that cooking then cooling food increases its levels of a substance called resistant starch – and resistant starch slows how quickly we digest a food.



4 ADD WATER WHEN YOU FRY

Everyone knows that oil and water don't normally mix, but the exception should be when stir-frying. This technique often used in Chinese cooking helps slightly lower the oil temperature in the pan. "And this reduces the oxidative damage that occurs

to oil if you fry it at high temperatures," says Dr Laurence Booth, who co-authored *Know What to Eat* with Professor Rodney Bilton. This is important as when oil is damaged it changes structure in ways that may be harmful to the DNA. ►



3



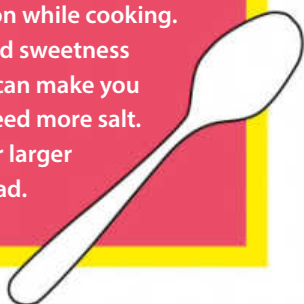
BUY SMALLER VEGETABLES

We tend to buy the biggest looking produce but, according to US group The Organic Center, smaller produce contains higher levels of nutrients. Other studies have found the more a tomato weighs the lower its concentration of the antioxidant lycopene, while larger broccoli heads have a lower proportion of minerals like magnesium.



5 ONLY EVER EAT DESSERT WITH A TEASPOON

"Research published in the journal *Flavour* showed that using a teaspoon or parfait spoon actually increases the perception of sweetness in a food – possibly because we associate them with dispensing sugar into things like tea," says dietitian Trudy Williams. "Eat with a teaspoon and either add less sugar to a recipe or be satisfied with a smaller portion." Conversely though, she recommends not tasting savoury dishes with a small spoon while cooking. The distorted sweetness perception can make you think you need more salt. Use a fork or larger spoon instead.



6 CUT YOUR SNACKS IN HALF

According to work by Professor Brian Wansink and a team at the US's Cornell University, most of us are satisfied by about a half (or less) the size of the snack portions we actually serve ourselves. Next time you're giving in to a 3.30pm sugar craving, try cutting the item in two, or even four, eating one serving then putting the rest out of sight. Wait 15 minutes and chances are you'll be happy and won't register that you didn't eat it all. "All you'll remember is that you had a tasty snack," says Professor Wansink.

7 DON'T DISCARD

Every day we throw away parts of fruits and vegetables that have added benefits – just because they aren't the parts we normally eat. "Take broccoli – the florets might look more appealing but the stalks contain more calcium and vitamin C," says Brisbane-based nutritionist Casey-Lee Lyons. "Simply remove any

tough outer edges and thinly slice the stalks to cook – you can add them to stir-fries, fried rice and soups – or try them raw and shredded in salads." You can also eat broccoli leaves.

Other items to consider are kiwi fruit skins (high in antioxidants and good in juices), the white pith on citrus fruit, the watery part of yoghurt (stir it in to boost the protein content), and chicken bones (boil these with vegetables, then strain, to make a calcium-packed broth).



8 NEVER MASH A POTATO

Anything you do to a carbohydrate-rich food, like mashing, grinding, or pressing into flakes, alters the structure in ways that means it releases sugar into the bloodstream faster. "Twenty-five per cent more sugar is released from a potato that's been boiled then mashed compared to one made into chips," says Dr Booth. For the same reason avoid breakfast flakes or finely milled versions of foods like porridge.





FOCUS ON FULLNESS NOT KILOJOULES

When Dr Sean Lucan from the Albert Einstein College of Medicine in New York gave a group of volunteers potato chips and another group cheese, he found the cheese group consumed less food and kilojoules than the chips group because they found the food more satisfying. "The kilojoules in any individual item is not what matters – what matters is how many kilojoules people consume overall. And some foods promote a sense of fullness, reducing this, while others promote hunger and food cravings," he says. He suggests adding more nuts, avocados and full-fat dairy and avoiding refined starches like white rice, white bread or low-fat foods with added sugars.



ADD SOME CHILLI

If you have a fondness for spicy foods, relax, it's doing you good. Eating chilli just one or two times a week can reduce your risk of premature death by 10 per cent, compared to eating it less than once a week, a recent study shows. Add fresh chilli, dried chilli flakes, chilli oil or sauce to your food and it may lower your risk of cancer, cardiovascular diseases and being overweight. To increase the benefits, skip the alcoholic beverage with your spicy meal. ☺

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Culture club

There's a lot going on in the gourmet yoghurt department. Dietitian Emma Stirling takes a look at the latest flavours and innovations



With a vast array of new yoghurts at the supermarket, things can get rather confusing. We take a look at the latest offerings and help you decipher the dairy aisle. All the nutrition information here is per 100g so you can easily compare the products.

THE INNOVATIVE AND NEW BRANDS



Yummia Cinnamon & Sweet Potato Layered Yoghurt, per 100g serve: 600kJ; 3.5g protein; 4.8g fat; 3g sat fat; 16.1g sugars. Flavoured with vegetables instead of fruit.



Vaalial Whipped Probiotic Yoghurt Raspberry, per 100g serve: 385kJ; 4.1g protein; 2.7g fat; 2g sat fat; 11.9g sugars; 126mg calcium. Lower-kilojoule option with new whipped texture.



Chobani Apple Cinnamon Yogurt With Steel Cut Oats, per 100g serve: 387kJ; 7.2g protein; 0.5g fat; 0.1g sat fat; 10.6g sugars; 83mg calcium. With added oats for a healthy brekkie on the run.



Moo Premium Yoghurt Lemon, per 100g serve: 508kJ; 7.4g protein; 1.9g fat; 1.4g sat fat; 16.8g sugars. Delicious dessert replacement for lemon pudding.



Black Swan Vanilla Bean Greek Style Natural Yoghurt, per 100g serve: 410kJ; 7.7g protein; 1.5g fat; 0.9g sat fat; 6.5g sugars; 233mg calcium. Lactose free. Real vanilla pods.



Yoplait Bon Appetit Super Thick Greek Natural Yoghurt Passionfruit, per 100g serve: 315kJ; 7.3g protein; 0.1g sat fat; 10.0g sugars; 97mg calcium. With fruit on the bottom and thickened cream texture.



READING YOGHURT LABELS:

- * Keep in mind some yoghurt tubs are listed as having two or more serves so you need to factor in your portion size and adjust these counts.
- * Full fat (>4g fat/100g) flavoured yoghurts are best eaten in smaller portions or treated as a nutritious alternative to cream or a dessert.
- * For daily choices go for yoghurts with probiotics for inner wellbeing and calcium counts of at least 80mg/100g.



NEW FLAVOUR COMBOS



Chobani Watermelon

Strawberry, per 100g serve: 329kJ; 8.3g protein; 0.2g fat; 0.1g sat fat; 10.0g sugars; 104mg calcium. New fruity combo for lower kilojoule snacking.

7.9g fat; 5.4g sat fat; 13.4g sugars; 110mg calcium. With on-trend coconut.



Rachel's Gourmet Greek Yoghurt Butterscotch & Vanilla Bean

, per 100g serve: 681kJ; 4g protein; 8.2g fat; 5.3g sat fat; 16.9g sugars; 138mg calcium. 'Better-for-you' dessert alternative to crème caramel.



Gippsland Dairy Blackberry & Pomegranate Twist Yoghurt

, per 100g serve: 614kJ; 5.3g protein; 5.8g fat; 3.8g sat fat; 16.8g sugars; 153mg calcium. A balance of tart and sweet fruit.



Five:am Coffee Bean Organic Yoghurt

, per 100g serve: 454kJ; 4.9g protein; 5.3g fat; 3.1g sat fat; 12.3g sugars; 101mg calcium. Switch your afternoon latte for this treat.



Danone Ultimate Greek Style Yoghurt Coconut & Pineapple, per 100g serve: 589kJ; 3.1g protein;

THE BEST OF THE NATURALS



Jalna Greek Yoghurt Natural, per 100g serve: 540kJ; 3.8g protein; 10g fat; 7.1g sat fat; 4.8g sugars; 130mg calcium. Pot set using traditional methods.

260kJ; 3.1g protein; 3.7g fat; 2.5g sat fat; 3.3g sugars. No artificial thickeners.



CapriLac Natural Goat Yoghurt, per 100g serve: 358kJ; 4.5g protein; 4.8g fat; 4.8g sat fat; 3.7g sugars. Made with goat's milk.



Barambah Organics All Natural Yoghurt, per 100g serve: 350kJ; 5g protein; 4g fat; 2.6g sat fat; 170mg calcium. Certified organic ingredients.



B.d. Farm Paris Creek Organic Biodynamic Yoghurt Natural, per 100g serve:



Evia Thick & Creamy Strained Greek Yoghurt Plain, per 100g serve: 504kJ; 9.6g protein; 7g fat; 4.4g sat fat; 2.3g sugars; 105mg calcium. Traditional strained method. 🍓



Certain foods can help you feel better by easing pain, improving your sleep, beefing up your immune system or helping you to relax. Sarah Marinos helps us stock up on the best ones

Food is more than just fuel for your body – it can be part of nature's first-aid kit. So before you reach for pills, look at what you have in your fridge or pantry that might provide pain relief or help you get a good night's sleep. Here, we look at some common health issues and the foods that may help you feel better.

EASING PAIN

Turmeric

This yellow Indian spice contains curcumin, an anti-inflammatory that may help ease joint pain.

"Have turmeric as a powder in a smoothie or add it to curries and casseroles. Or grate turmeric root and add it to cooking," says Mim Beim, naturopath and author of *Natural Remedies: An A-Z of Cures for Health and Wellbeing*. Have a teaspoon a day.

Extra-virgin olive oil

Delicious drizzled on salads, this oil contains a chemical called oleocanthal that acts like ibuprofen, show studies. Oleocanthal is responsible for the sharp tang in olive oil. Choose a darker green oil and have a tablespoon daily.

Clove

Clove oil can reduce tooth and gum pain as it contains eugenol, an ingredient with anaesthetic properties. Dip

a cotton bud in clove oil and apply it to the affected area.

Ginger

"The gingerols in ginger are a circulatory stimulant and warming remedy," says Beim. Grate fresh ginger root over a cloth and fold the cloth containing the ginger into a compress. Place in a bowl and pour boiling water over the compress. When it cools to body temperature place it on the painful area until the compress cools.

STRESS RELIEF

Oats

Oats are rich in avenin, a protein that soothes the nervous system, which is why they are a popular comfort food. They also help the brain to produce the feelgood hormone serotonin.

"When we're stressed we choose to eat something that we associate with comfort and this can have a placebo effect and calm you," says dietitian Melanie McGrice.

Mango

Rich in vitamin C, which helps reduce levels of the stress hormone cortisol, it also contains tryptophan which boosts serotonin to improve mood. A small-to-medium mango a day is adequate.

Dark chocolate

Most of us have experienced the feelgood endorphins that are triggered when we eat chocolate, and researchers say that our energy levels get a boost from the sugar and fat content too. But it seems that it can help ease anxiety too, with a Malaysian study of cancer patients showing that those who ate 50g of dark chocolate daily for three days were less anxious than patients who didn't eat chocolate.

"There's a psychological impact as chocolate is seen as a calming food," says McGrice.

Chamomile tea

This soothing tea increases levels of glycine, a chemical that relaxes nerves and muscles and has a mild sedative effect. In a US study, people who drank five cups of the tea daily for two weeks had higher glycine levels.

MOOD BOOSTERS

St John's Wort tea

St John's Wort helps boost serotonin and dopamine levels to improve mood. A study comparing the herb to antidepressants found it was effective, but it may not be suitable for anyone who is using the Pill, blood thinners or heart and cancer drugs.

Brazil nuts

A rich source of selenium, Brazil nuts will give you a mood ►





Tea

Tea contains an amino acid called L-theanine that helps our body fight infections. Black and green teas are best, with US researchers recommending around five cups a day. Jiggling your teabag or teapot releases more L-theanine.

boost, with research showing that a lack of selenium can lead to low mood. About six to eight nuts a day will do the trick.

Turkey and tuna

Have a serve of turkey and tuna a couple of times a week to boost your mood. They both contain an amino acid called tyrosine, a building block for brain chemicals that perk us up.

Fish

Fish contains omega-3 fatty acids, which help to produce healthy brain cells. Beim says, "Fish contains an omega-3 fatty acid called EPA that's good for mood. So have fatty fish like salmon, herring and sardines a couple of times a week."

IMPROVING IMMUNITY

Garlic

"Garlic has antibacterial properties," says dietitian Dr Kellie Bilinski. "But it's important to eat vegetables and fruits of all colours for a healthy immune system."

The secret weapon in garlic is allicin. In a UK study, people who took garlic extract for 12 weeks were two-thirds less likely to catch a cold than those who didn't take it. Chew on a clove of raw garlic each day.

Yoghurt

The live bacteria in yoghurt keep our gut free of harmful

bacteria. A Swedish study found factory workers who had a daily probiotic drink took 33 per cent fewer sick days than workers who didn't have the drink.

Berries

Berries contain antioxidants called anthocyanins that fight disease. Have a handful of berries daily, fresh or frozen.

"From a nutrition perspective, frozen fruits are just as good as fresh," says dietitian Lisa Renn. Fruit is frozen soon after picking, which locks in vitamins and minerals.


A GOOD NIGHT'S SLEEP

Have a glass of warm milk before bed. Milk contains tryptophan, an essential amino acid present in some foods. It helps produce the hormones serotonin and melatonin, natural chemicals that make us feel sleepy.

"That old wives' tale about a glass of warm milk is true. The tryptophan and carbohydrates in milk increase serotonin levels to relax you," says McGrice.

Boost the warm milk's sleep-inducing effect by adding a spoonful of honey. Honey contains natural sugar and gently raises insulin levels, which helps release tryptophan.

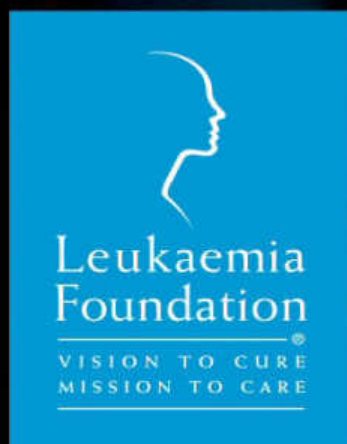
Other foods that are rich in tryptophan include bananas and walnuts.

"Have a banana an hour before bed for that sedative effect," says Beim. Or try a handful of walnuts, also a good source of melatonin. 

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Snack à la carte

When you feel like a sweet or salty snack nothing else will do – but what are the best choices? By Emma Stirling

Do you look forward to a delicious treat? Stick to your health goals by not exceeding 600kJ and going for portion control, quality over quantity and full flavours to maximise your enjoyment. Check out our favourites.

When you crave:

Chocolate

Loving Earth Hazelnut Mylk Chocolate per 8.9g serve (2 squares)

228kJ; 0.6g protein; 1.7g sat fat; 2.5g sugars; 3mg sodium.

With the goodness of raw hazelnuts and cacao.

Whittaker's Dark Ghana 72% Cocoa Chocolate per 10.5g serve (1 square)

248kJ; 1.3g protein; 2.5g sat fat; 2.9g sugars; 4mg sodium.

With 72 per cent cocoa content for a richer flavour to savour.

Haigh's Dark Peppermint Frog per 14g serve (1 frog)

297kJ; 1g protein; 2.7g sat fat; 6.6g sugars; 5mg sodium.

Sweet and rich to satisfy your tastebuds.

When you crave:

Chips

Sunbites Grain Waves Sea Salt & Cracked Pepper per 28g serve

557kJ; 2g protein; 0.6g sat fat; 1.3g sugars; 134mg sodium.

With 60 per cent wholegrain content.

Red Rock Deli Thai Chilli & Lime Deli-Style Potato Chips per 28g serve

567kJ; 2.1g protein; 0.9g sat fat; 1.1g sugars; 136mg sodium.

Plenty of spicy heat to hit the spot.

Kettle Sweet Potato, Beetroot & White Sweet Potato Vegetable Chips per 25g serve

540kJ; 1.4g protein; 0.8g sat fat; 4.6g sugars; 120mg sodium.

Sliced root vegetables cooked in sunflower oil.



When you crave:

Lollies

Allen's Killer Pythons per 24g serve (1 python)

340kJ; 1.2g protein; 1g sat fat; 11g sugars; 24mg sodium.

New smaller size for portion control.

Chupa Chups Watermelon lollipop per 12g serve (1 lollipop)

195kJ; 0.1g protein; 0g sat fat; 9.4g sugars; sodium.

For a refreshing fruity flavour.

The Natural Confectionery Co. Sour Chews per 25g serve (3 chews)

394kJ; 1g protein; 1g sat fat; 16.5g sugars; 1mg sodium.

All natural colours and intense flavour to linger for longer.



When you crave:

Cookies or sweet biscuits

Kez's Free Almond Florentine Gluten Free Biscuits

per 30g serve (1 biscuit) 573kJ; 2.8g protein; 1.7g sat fat; 13.4g sugars; 62mg sodium.

When you need a gluten-free sweet treat.

Arnott's Tim Tam Peanut Butter Flavour

per 18.3g (1 biscuit) 401kJ; 1.1g protein; 2.8g sat fat; 7.6g sugars; 46mg sodium.

Rich and creamy so you can stop at just one.

Naturally Good Munchy Muesli Vanilla

Toasted Muesli Cookies per 20g serve (2 cookies) 384kJ; 1.5g protein; 1.9g sat fat; 4.5g sugars; 35mg sodium.

With quinoa, buckwheat and chia seeds. ☘



Soups *that* heal

Soups can help to cleanse, nourish and restore your gut, as nutritionist Lee Holmes explains



Lee Holmes has just released her new book *Heal Your Gut*. Here, the nutritionist and holistic health coach explains the role of soups in healing your gut, and she shares her favourite recipes.

“The gut is the epicentre of your body and connected to many other bodily systems

such as the immune system and the brain, so a healthy, flourishing gut is really important for overall health. My new book *Heal your Gut* is a program specifically designed to improve gut health and put you on the path to wellness.

It encompasses a four-phase gut healing protocol. Phase one involves healing your intestinal walls by giving your digestive system a rest and avoiding foods that irritate the gut. This is where soups come in. They're delicious and contain anti-inflammatory fats, as well as nutrients and fibre to maintain bowel health and seal the intestinal lining.

Phase two involves detoxing your body, phase three involves repopulating the gut with healthy flora, and phase four involves detoxing your life, and resolving any outstanding emotional issues and learning tools to enable you to love and nurture yourself. Try the following soups to get started.”



Pea, spinach and lamb soup

1 garlic bulb, whole, unpeeled
extra-virgin olive oil for roasting, plus extra to serve
2 tablespoons extra-virgin coconut oil or 1 tablespoon ghee
1 onion, diced
3 thyme sprigs, leaves picked
300g lamb fillets or backstrap, thinly sliced
1 litre (4 cups) beef broth (see Beef Broth recipe, over page)
500g (3½ cups) freshly shelled or frozen peas
45g (1 cup) baby English spinach leaves
1 tablespoon apple cider vinegar
1 handful flat-leaf parsley, roughly chopped

Celtic sea salt and freshly cracked black pepper, to taste

1. Preheat the oven to 200°C.
2. Slice 1cm off top of garlic bulb to expose the cloves then place cut-side down on a baking tray. Drizzle with a little of the olive oil and roast for 30-35 minutes or until softened. Remove from the oven and set aside to cool.
3. Melt the coconut oil or ghee in a large saucepan over medium heat. Add the diced onion and thyme leaves and cook for 5 minutes or until onion has softened. Add the lamb and cook, stirring frequently, for 3-4 minutes or until lamb is browned.

4. Add the stock, peas, spinach and apple cider vinegar. Bring to the boil, add the parsley, setting aside a little for a garnish, then reduce heat to low and simmer, partially covered, for 5 minutes (or 15 minutes for a stronger flavour). Squeeze roasted garlic cloves out of their skins and into the soup.
5. Remove from the heat and allow to cool slightly, then purée in a food processor or blender (remove some peas first to use as a garnish if you like). Season to taste, reheat slightly if necessary, and serve with a sprinkle of fresh parsley, a drizzle of olive oil and perhaps a garnish of peas.

SERVES 4 ►



Market-fresh vegetable soup

2 tablespoons extra-virgin coconut oil
or 1 tablespoon ghee
1 leek, white part only, chopped
1 onion, diced
3 garlic cloves, crushed
3 celery stalks, diced
2.5cm piece of ginger, peeled and grated
160g ($\frac{2}{3}$ cup) sugar-free tomato paste
400g tin additive-free chopped tomatoes
150g green beans, topped, tailed and
cut into 3-4cm lengths
 $\frac{1}{2}$ cauliflower, roughly chopped
2 zucchini, diced
1 red capsicum, seeded and diced
1 green capsicum, seeded and diced
450g (1 bunch) kale, chopped
45g (1 cup) English spinach leaves,
chopped
1L (4 cups) vegetable stock (see Vegetable
Stock recipe, over page) or filtered
water, plus extra water as needed
1 handful mixed herbs (flat-leaf parsley,
basil), chopped
freshly cracked black pepper,
to taste

nutritional yeast flakes (optional), to serve
watercress leaves, to serve

1. Melt the oil or ghee in a large saucepan over medium heat. Add the leek, onion, garlic, celery and ginger and cook, stirring regularly, for 5 minutes or until lightly browned.
2. Stir in the tomato paste and tomatoes, then cook for a further 1-2 minutes. Add the beans, cauliflower, zucchini, capsicums, kale and spinach, then cook, stirring frequently, for a further 1-2 minutes.
3. Add the stock or water and, if necessary, extra filtered water to cover the vegetables. Bring to the boil, then reduce the heat to low and simmer for 10-15 minutes or until the vegetables are tender. Add the herbs and stir to combine.
4. Remove from the heat and allow to cool slightly, then purée in a food processor or blender to your desired consistency. Serve hot, sprinkled with black pepper, yeast flakes, if using, and watercress.

SERVES 6



60ml ($\frac{1}{4}$ cup) extra-virgin
coconut oil
1kg beef bones
2L (8 cups) filtered water
2 carrots, peeled and
roughly chopped
2 celery stalks, roughly
chopped
3 garlic cloves
1 onion, peeled and
quartered
1 bay leaf
2 tablespoons apple
cider vinegar
Celtic sea salt and freshly
cracked black pepper,
to taste

1. Preheat the oven to 200°C.
2. Place a flameproof casserole dish on the stovetop over a medium heat and melt the coconut oil. Add the bones and stir to coat. Add the lid and transfer the casserole dish to the oven. Bake for 30 minutes or until the bones are browned.
3. Transfer to the stovetop, cover with the filtered water and add the remaining ingredients, including the seasoning. Bring to a simmer, then reduce the heat to as low as possible and simmer for 4-6 hours, checking from time to time and adding a little more filtered water if necessary.
4. Remove from the heat, allow to cool, then strain and refrigerate until the fat congeals on top. Skim off the fat and store the broth in an airtight container in the fridge or freezer, or freeze in ice-cube trays.

MAKES 1 LITRE (4 CUPS)



Watercress, leek and coconut soup

1 tablespoon extra-virgin coconut oil or 2 teaspoons ghee
1 onion, diced
1 garlic clove, crushed
1 leek, white part only, finely sliced
1 medium turnip, peeled and diced
85g (2¾ cups) watercress, rinsed, plus extra to serve
270ml tin additive-free coconut milk
375ml (1½ cups) vegetable stock (see Vegetable Stock recipe, over page)
Celtic sea salt and freshly cracked black pepper, to taste

1. Melt the oil or ghee in a medium saucepan over medium heat. Add the onion and garlic and cook, stirring frequently, for 3-4 minutes or until transparent. Add the leek, turnip, watercress, coconut milk and stock, then bring to the boil. Reduce the heat to low then simmer, covered, for 20 minutes.
2. Remove from the heat and allow to cool slightly, then purée in a food processor or blender until smooth. Add salt to taste, reheat if necessary, then grind over black pepper, garnish with extra watercress and serve.

SERVES 2 ►



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White fish soup with saffron

2 tablespoons extra-virgin olive oil
1 onion, chopped
2 celery stalks, chopped
1 leek, white part only, chopped
1 medium fennel bulb, fronds reserved, bulb chopped
3 garlic cloves, crushed
juice of ½ lemon
grated zest of 1 lemon
400g tin additive-free chopped tomatoes
1 small red capsicum, seeded and chopped
pinch of saffron threads
2 thyme sprigs
1L (4 cups) vegetable stock (see Vegetable Stock recipe, right)
pinch of cayenne pepper
400g boneless white fish fillets, whole or roughly chopped
½ teaspoon Celtic sea salt
2 tablespoons nutritional yeast flakes (optional)
pinch freshly cracked black pepper

1. Heat the oil in a medium saucepan over a medium heat. Add the onion, celery, leek, chopped fennel and garlic, and cook for 3-4 minutes or until soft. Add the lemon juice and zest, tomatoes, capsicum, saffron and thyme, reserving a little of the thyme to use as a garnish. Cook for 2-3 minutes, then add the stock and cayenne pepper. Bring to the boil, then reduce the heat and simmer for 25-30 minutes. Add the fish and simmer for a further 10 minutes.
2. Remove from the heat and allow to cool slightly, then purée in a food processor or blender until smooth. Alternatively, purée the soup before adding the fish. Add the salt to taste, reheat if necessary, then serve sprinkled with yeast flakes, if using, and black pepper, and garnished with reserved fennel fronds and thyme.

SERVES 4

2 large onions, skin on, quartered or thickly sliced
2 parsnips, rinsed and roughly chopped
2 celery stalks, roughly chopped
1 leek, roughly chopped
3 garlic cloves, skin on
1 red capsicum, quartered and seeded
2 Roma tomatoes, halved
extra-virgin olive oil, for drizzling
55g (1 small bunch) flat-leaf parsley
4-5 thyme sprigs
2 bay leaves
1 teaspoon whole black peppercorns
80ml (⅓ cup) apple cider vinegar
filtered water, to cover

1. Preheat the oven to 200°C.
2. Put all the vegetables in a roasting pan and splash with the olive oil, tossing to coat.
3. Roast for 45 minutes, stirring often. You may have to remove the vegetables that cook faster as they are ready. Once all the vegetables are cooked, transfer them to a large stockpot or flameproof casserole dish over medium heat on the stovetop. Add the herbs, peppercorns and apple cider vinegar, then add filtered water to cover and bring to the boil. Reduce the heat to low and simmer for 1 hour.
4. Strain through a muslin- (cheesecloth-) lined sieve, store in an airtight container in the fridge and use as needed.
MAKES 1-1.25L (4-5 CUPS)

Fennel, tomato and roast garlic soup



1 garlic bulb, whole, unpeeled
1 tablespoon extra-virgin olive oil,
plus extra for drizzling
Celtic sea salt, to taste
1 large fennel bulb, fronds reserved,
bulb diced
125g (½ cup) sugar-free tomato paste
400g tin additive-free chopped
tomatoes
1.25L (5 cups) vegetable stock (see
Vegetable Stock recipe, opposite)
1 tablespoon apple cider vinegar
60ml (¼ cup) lemon juice
freshly cracked black pepper,
to taste

1. Preheat the oven to 200°C.
2. Slice 1 cm off the top of the
garlic bulb to expose the cloves,
then place cut-side down on
a baking tray. Drizzle with a
little olive oil and sprinkle with
salt. Roast for 30 minutes or until
softened, then remove from the
oven and set aside to cool. Once
cool enough to handle, squeeze
the garlic cloves out of their skins
into a small bowl.
3. Heat the oil in a medium saucepan
over a medium heat, then add the
fennel with a pinch of salt. Cook,

stirring frequently, for 20 minutes or
until deep brown and caramelised.

4. Add the tomato paste, tomatoes and
roast garlic flesh, then cook for a further
6 minutes, stirring frequently. Add the
stock and stir to combine, then bring to
the boil and simmer, partially covered,
for 15 minutes.

5. Remove from the heat and add the
vinegar and lemon juice. Allow to cool
slightly, then purée in a food processor
or blender until smooth. Grind over
pepper, garnish with reserved fennel
fronds and serve.

SERVES 2-3 🍷



Recipes and
images from *Heal
Your Gut* by Lee
Holmes (Murdoch
Books, \$29.99)

We LOVE FOOD



Cookbook of the month

The Chef Gets Healthy by Tobie and Georgia Puttock (Lantern, \$39.99). This new book by the Melbourne husband and wife team delivers exciting recipes that are great for entertaining. You'll find gems such as crispy-skin salmon with dill, fresh salads, and tempting sweets such as chocolate florentines.

Artichokes

Delicious globe artichokes are actually a species of thistle and the vegetable part is the flower bud.

- Choose artichokes that feel heavy for their size, with shiny, fleshy leaves.
- Store in a plastic bag in

the vegetable compartment of the fridge for up to two weeks.

- Tender parts may be thinly shaved and eaten raw in salads.
- Simmer whole artichokes in salted water and eat the

fleshy base of the leaves and the heart with melted butter.

- Artichokes can be roasted, grilled, braised, sauteed and stuffed.
- They're great in pastas, risottos and other rice dishes, stews and soups.

Our FAVOURITE FOODIE FINDS



No time to cook?

Try Lean Cuisine's new range of Steam Whole Grains meals. With 15 delicious options, you'll be spoilt for choice. \$6.69 per 350g serve, from supermarkets.



Take a dip

Chris' Down 2 Earth dips are gluten-free and delicious! The range includes Sweet Potato & Harissa Hommus and Spiced Roasted Carrot & Turmeric. \$4.59 each.



Green goodness

Kalettes are a cross between kale and Brussels sprouts. With a sweetish nutty flavour, they can be sauteed, steamed or roasted. At Coles, \$3.98 per 160g pack.



Go coconuts!

Next time you're making a smoothie, dessert or dressing, try adding Macro Organic Coconut Water. It's also great as a hydrating drink. \$1.75 per 330ml.



Microstoven Speckle Red Series.

These new Maxwell & Williams stoneware dishes are suitable for electric or gas stovetops and microwaves or ovens. The series includes casseroles (from \$69.95) and rectangular or square bakers (from \$49.95). The round gratin dishes (from \$9.95) are great for small servings.



DISHY APP

It's the eternal question: what should I cook tonight?

A new free app has the answer. Simply download the *Make My Dish* app (from the Microsoft store), list what's in your fridge and pantry, say 'make my dish with' and the recipes to suit your ingredients will be there in seconds.

QUICK TIP

When chopping green leaves, herbs and other salad ingredients always use a very sharp knife. A dull blade will bruise the leaves, making them limp and greyish, which is exactly what you don't want.

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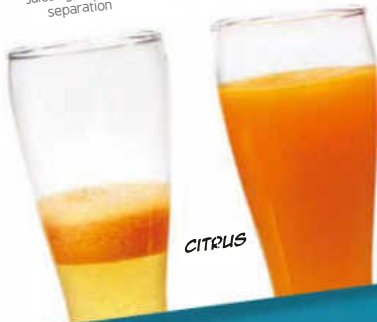
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INTRODUCTION

This health handbook will help you keep your eyes in good shape and maintain good vision. You will learn about your eyes and how to protect them. There is information on common eye complaints and vision problems and the **eye diseases that become more common as we get older** such as age-related macular degeneration, cataracts, glaucoma and diabetic retinopathy. You will discover the signs and symptoms to look out for, **how to prevent problems** and where you can seek further information.

Parts of the eye

To help you understand some of the problems that can affect your eyes and vision it helps to take a closer look at the different parts of the eye.

The main layers of the eye include:

Sclera: The white part of the eye on the outside. It is composed of tough fibrous tissue that protects the inner eye. A thin transparent tissue called the conjunctiva covers the sclera.

Choroid: A layer of tissue located between the sclera and the retina, consisting of a network of blood vessels which provide nourishment to your eye.

Retina: A thin layer of tissue that consists of millions of light-sensitive nerve cells that capture the images focused onto them by your cornea and lens. When light hits these cells, electrical impulses are generated and carried to your optic nerve. The retina lies underneath the choroid and is the innermost layer of the eye.

Ciliary muscle: A muscle attached to the lens that works to change the lens shape in order to enable you to view objects at varying distances.

Aqueous humour: A clear fluid produced from cells within the eye that fills the front part of the eye between the cornea and lens. It bathes and nourishes the eye and keeps it firm.

Cornea: Clear tissue which covers the front of your eye and allows light to travel through. You can see the coloured iris through the clear cornea.

Iris: The coloured part of your eye, lined with a ring of muscles that works like an aperture to control the size of your pupil.

Pupil: An opening in the centre of your iris that changes size to control



the amount of light that enters your eye.

Lens: Located directly behind your pupil, this clear flexible structure helps to focus light onto the retina.

Vitreous: A jelly-like substance that fills the back portion of your eye behind the lens. As well as helping your eye to keep its shape, this clear gel transmits light to the back of your eye.

Macula: A small and highly sensitive part of your retina responsible for sharp central vision.

Optic nerve: The bundle of nerve fibres that carries

visual messages from the retina to your brain.

How does the eye see?

Light rays are reflected from an object and enter the eye through the cornea. The light rays pass through the pupil and lens, which is behind the iris. The cornea and the lens focus the light rays onto the retina at the back of the eye. Photoreceptor cells in the retina pick up the light signals, change them into nerve impulses and convey these to the brain where they can be perceived as a visual image.

Warning signs and symptoms

Some eye problems are difficult to spot without an eye examination but there are also many signs and symptoms that should not be ignored.

Make an appointment with your optometrist if you have:

- Red or dry eyes that do not settle within 24 hours.
- Any discharge (watery or pussy, even sticky eyes upon waking).
- Eye pain.
- Suddenly droopy eyelids.
- Acute or gradual onset of blurred vision.
- Haloes around lights.

The following signs and symptoms should be treated as an emergency:

- Sudden loss of or sudden blurred vision.
- Double vision.
- Discomfort in bright light.
- Severe eye pain.
- Flashing lights.
- Floaters (shadows, cobwebs or dark spots in your vision).

Eye health tips

There are many things you can do to keep your eyes healthy and make sure your vision is as good as it should be.

Have regular eye examinations

With regular eye examinations and early detection about 80 per cent of eye conditions can be prevented, corrected or treated. Children should have their eyes tested before starting school and regularly throughout their schooling.

Adults should have their eyes tested at least every two years. Your age, health or a family history of eye disease may mean you need an eye examination more often. Your optometrist can work out the best eye examination schedule for you.

Know your family's eye health history

Ask relatives about your family's eye health history. Having a family history of eye disease or a medical condition with eye-related issues such as diabetes puts you at greater risk of developing problems.

Protect your eyes from the sun

Protect your eyes from ultraviolet (UV) radiation from the sun. A lifetime of UV exposure can lead to cataracts, macular degeneration, eyelid cancer and pterygium (a fleshy growth on the cornea). Even short bursts of high-intensity unprotected UV exposure can lead to pain, irritation and

sensitivity to light. And it's not only the summer months where UV exposure can lead to harm – it's important to protect your eyes all year round.

To reduce UV exposure:

• **Wear sunglasses.** A good pair of sunglasses will block the amount of UV radiation reaching your eyes as well as help to decrease glare. For the best UV eye protection look for sunglasses labelled category 2, 3 or 4 (Australian standard).

• **Wraparound sunglasses** are best as they block UV radiation that can enter your eyes from around the sides of the frame.

• **Wear a hat.** A broad-brimmed hat can cut the amount of UV radiation reaching your eyes by half.

Wear protective eyewear

Protect your eyes from hazards by wearing appropriate safety glasses, goggles, eye guards or safety shields at work, when doing jobs around your home such as mowing the lawn or when playing certain sports.

Watch what you eat

A nutritious diet is not only good for your general health, but also for your eye health (see Nutrition And Your Eyes). A well-balanced diet with plenty of fresh fruit

and vegetables, nuts and fish can help keep eyes healthy.

If your dietary intake is inadequate, nutritional supplements can be taken. There are many products available that are specifically marketed for eye health – they should only be taken in consultation with an eyecare practitioner.

Maintaining a healthy weight will also help eye health. If you are overweight or obese you could be at risk of developing diabetes, which could lead to diabetic retinopathy and subsequent vision loss. ►



NUTRITION AND YOUR EYES

A variety of foods contain antioxidants which can help maintain your eye health. See below for the best sources:

ANTIOXIDANT	PROPERTIES
Vitamin E Seeds, fruit and seed oils	Vitamin E is important for the retina.
Vitamin C Fresh fruit and vegetables, juice	Long-term consumption of vitamin C as part of a healthy diet has been shown to contribute to cataract prevention.
Zinc Seafood, meat, nuts and beans	In the eye, high doses of zinc, in combination with other antioxidants, have been found to significantly reduce the risk of developing advanced macular degeneration.
Lutein and zeaxanthin Corn, spinach, cabbage, oranges, celery and red peppers	These antioxidants play crucial roles in maintaining the health of the eyes, helping to filter out harmful blue light and quench hazardous free radicals in the macula. They may help in the prevention of cataracts.
Selenium Bread, fish and brazil nuts	This trace mineral is important for the proper function of the retina.
Coenzyme Q10 Fish, meat, grains and peanuts	This antioxidant may help reduce diabetes-related eye problems.
Glutathione Asparagus, avocado, walnuts, garlic, eggs, onion and watermelon	Glutathione may be an effective anti-cataract agent and it may help to reduce eye pressure in glaucoma patients.
Lipoic acid Yeast, red meat, potatoes and spinach	Lipoic acid may help to reduce the incidence of cataracts.

Common concerns

Red or dry eyes are common symptoms of a range of eye disorders. Some of these problems are minor but sometimes these symptoms are a sign of a serious eye disease. If you have red or dry eyes it's important to see an optometrist who can help identify the cause and provide advice on the correct treatment. In many cases these common symptoms can be alleviated by using the right eye drops or ointments and by taking some simple self-care measures.

Red eye

Eye redness is often due to conjunctivitis. Conjunctivitis means inflammation of the conjunctiva. Common causes of conjunctivitis are infection, irritation and allergy.

What you can do

Treatment for a red eye depends on its cause. Some cases can be contagious so any red eye needs to be diagnosed and treated early. Anti-infective eye drops such as antibiotics, antivirals and antifungals may be needed if the redness is caused by infection – your optometrist or doctor can prescribe these.

A variety of non-prescription eye drops are available to relieve allergic conjunctivitis. Your optometrist or pharmacist can advise on the most appropriate product.

Eye redness and discomfort may also be relieved by:

- Resting your eyes.

- Avoiding bright lights.
- Wearing eye protection to protect eyes from allergens, sunlight, dust and wind.
- Making a conscious effort to blink.
- Applying a warm or cool compress or lubricating eye drops or gels to your eyes.

Dry eye

Your eyes are covered by a thick film of tears that is swept over the eye with each blink. They can become dry and irritated if you do not produce enough tears to keep the surface of your eyes moist, or if the tears evaporate and do not stay on the surface of the eye long enough. Dry eye can affect anyone but is more common with age because you produce a smaller volume of tears.

Some medications, including oral contraceptives, antidepressants, diuretics, antihistamines and beta-blockers, can trigger dry eye, as can some health conditions such as arthritis.

Other factors that can contribute to dry eye include:

- Long periods of time in front of a computer screen.
- Contact lens wear.
- Menopause.
- Air-conditioning, wind and irritants such as dust, smoke or chemical exposure.
- Air travel.
- Any injury to the eye.
- Infrequent blinking.
- Post eye surgery.

What you can do

Often there is no immediate

cure for dry eyes, but the condition can be successfully managed. Your optometrist may recommend:

- Blinking more often to combat dryness (especially when using the computer).
- Using eye drops, gels or ointments to lubricate the surface of the eye (these are also referred to as 'artificial tears').
- Using prescription eye drops to reduce inflammation that causes dry eye.
- The insertion of tiny silicone plugs into the tear ducts to stop tears from draining away so fast.

Eye fatigue

Long stretches in front of a computer screen or other electronic devices can lead to a range of symptoms including:

- Red eyes.
- Tired eyes.

- Headaches.
- Eye strain.
- Blurred vision.
- Tendency to squint or lean towards the screen.
- Difficulty changing focus between your computer screen, paperwork and looking up and seeing clearly into the distance.

What you can do

To protect your eyes and reduce symptoms:

- Take regular breaks.
- Ensure the lighting in your home or office is even and without glare.
- Adjust your computer monitor so the top is level with your eyes.
- Align your reading material correctly and at the correct distance so you don't have to strain your eyes as you work.
- Visit your optometrist for consideration of prescription lenses that are specific to your needs.



Focusing problems

The most common eye disorders are problems with focusing (refractive errors). The main types are myopia (shortsightedness), hyperopia (longsightedness), astigmatism (uneven focus) and presbyopia (an age-related problem with near focus).

For clear vision the image of a viewed object needs to be focused onto the retina just as a camera has to be focused in order to take a clear picture. If the image is not focused exactly on the retina then the image will be blurred. Refractive errors cause this. A comprehensive eye examination is the only way to determine if there is a vision problem that needs correcting.

Myopia

Myopia is a common condition where you may have no problem seeing objects close to you but distant objects are blurred.

In a myopic eye, light is focused in front of the retina and so the image is blurred.

Signs and symptoms

Being shortsighted may mean:

- You find it hard to read road signs.
 - You find it difficult to recognise people in the distance.
 - Playing ball games can be difficult.
 - Watching TV can be difficult.
- Usually myopia begins in the teenage years or early 20s but it can happen any time from birth. Some signs you may have myopia include:
- Squinting to see more clearly in the distance.
 - Sitting close to the TV.
 - Holding books very close.

Management

There is no cure for myopia but properly prescribed glasses or contact lenses will help you see clearly. Depending on the level of myopia present you may only

need to wear glasses part-time when viewing details in the distance or driving at night, or you may need to wear them all the time. Laser surgery or corneal reshaping technology can also help some people with myopia by reshaping the front surface of the eye.

Hyperopia

Hyperopia is a condition where you may have reasonable vision in the distance but may find vision is blurred (or you have eye strain or headaches) when doing close work such as reading. In a hyperopic eye, the light is focused behind the retina and so the image is blurred. A very mild amount of hyperopia is usually not a problem; the lens compensates and you will continue to see quite clearly. However, if there is a significant amount of hyperopia, the effort of focusing (called accommodation) can lead to symptoms such as eye strain and blurred vision.

Signs and symptoms

Being longsighted may mean:

- Vision may be blurred, especially for close objects. ►

- You get tired eyes or headaches following prolonged close work.
- Reading is more difficult.

Management

In general, children who are slightly hyperopic do not usually have problems. If they do, they may benefit from eye exercises or need glasses for close work such as reading and using computers. Older people or young people with significant hyperopia usually need glasses for reading and sometimes for distance vision as well. It is possible in some cases to correct hyperopia with refractive surgery.

Astigmatism

Astigmatism is a condition that distorts your vision, causing blurring at all distances, especially at night. Normally the surface of your cornea is rounded like the shape of a soccer ball. If the curvature of the cornea is not the same in all directions (like the side of an Australian Rules football), it will bend the light passing through it by different amounts.

Astigmatism is not an eye disease and any change is usually gradual. Most people who wear glasses have at least a very slight amount of astigmatism.

Signs and symptoms

Astigmatism causes different amounts of blurring in different directions, which may mean:

- Images appear distorted or sometimes even double.
- Certain letters may be more difficult to read than others, depending on the orientation

of the lines within them.

- You get headaches or feel tired from the effort of trying to focus.
- You lack concentration.
- Driving at night can be difficult.

Management

Glasses and contact lenses can correct astigmatism. Sometimes this correction can cause a change in the apparent size and shape of objects and may affect your judgment of distance when you first wear your prescription glasses. You may feel taller or shorter, or walls may appear to slope and floors curve. In most cases, adjustment to these side effects takes only a week or so but can be longer for some.

Laser surgery to reshape the front surface of the eye may improve or correct astigmatism in some people.

Presbyopia

Presbyopia is a gradual reduction in the amount your eye can change its focus. It is a natural part of ageing that begins around age 45 and continues up to the age of 65. In a normal relaxed state the lens inside your eye is focused for distance vision. To focus on close objects, the ciliary muscle changes the shape of the lens (accommodation). With increasing age, the lens loses its flexibility and is less able to change its shape. The loss in lens flexibility is the reason that close focusing becomes more difficult.

Signs and symptoms

Presbyopia usually becomes noticeable between age 40



and 50 when you have to start holding newspapers, books and mobile phones further away in order to see them clearly. You may also have difficulty concentrating when reading or you may find periods of close work result in sore eyes, headaches or fatigue.

Management

Presbyopia is best corrected by using prescription reading

glasses or contact lenses. It is important that the prescription is calculated for the distance at which you do your close tasks. There are even special reading lenses that can provide clear vision for reading and computer use at the same time (known as extended readers or extended focus lenses).

Age-related macular degeneration

Age-related macular degeneration (AMD) is the deterioration of the sensitive central part of the retina called the macula. It is the major cause of vision impairment and blindness in Australia for people over 50. There are two types of AMD, 'wet' and 'dry'. Dry AMD results in a gradual loss of central vision. Wet AMD leads to sudden changes in vision and almost always begins as dry AMD.

Signs and symptoms

AMD symptoms usually develop gradually. You may notice the following changes:

- A gradual decline in the ability to see objects clearly.
- Distorted vision.
- Dark or empty spaces blocking the central field of vision.
- Colours may seem faded.
- Visual hallucinations.

Many people with AMD might not be aware of their condition until their eyes have suffered irreversible loss of central vision. People with advanced AMD may maintain sufficient side vision to be able to move around independently but because their central vision is missing many will be classified as having low vision. A comprehensive eye exam can often detect AMD before symptoms develop.

Causes

AMD is related to ageing processes within the eye. Some of the layers of the retina thicken and waste material that is usually removed from the retina forms deposits, distorting the retina. This distortion can cause damage to the other layers of the retina. The wet form of AMD is generally caused by abnormal blood vessels that leak fluid or blood into the region around the macula.

Risk factors include:

- Age over 75 years.
 - Family history of macular degeneration.
 - Smoking.
- Some research suggests that people with low levels of carotenoids and the antioxidant vitamins C and E in their blood are also at an increased risk of developing AMD.

Treatments

There are treatments available for wet AMD. These treatments are not a cure but can help reduce the risk of advanced vision loss in some cases. The main treatment of the early stages of wet AMD

involves the injection of medications that prevent the formation and growth of abnormal blood vessels. The treatment needs to be repeated as part of ongoing management of the disease.

Laser surgery may be suitable for some people where new blood vessels have appeared in the macular area. A focused, intense beam of laser light is used to seal leaking blood vessels and prevent new vessels growing. These treatments cause scarring and are most effective when they are applied in the very early stages of the disease before extensive damage has been done.

One study has found that antioxidant vitamin and mineral supplementation assisted in halting the progression of AMD in a small percentage of patients. These supplements should only be taken under the supervision of a healthcare professional.

Prevention

AMD can be detected early before symptoms develop through an eye examination. Early diagnosis gives the best chance of preventing or reducing vision loss. Other important preventative measures include minimising exposure to UV light and cigarette smoke. A low-fat diet rich in green leafy vegetables, nuts and fish may be beneficial in reducing the impact of AMD. Your eyecare professional can advise whether taking a zinc and antioxidant supplement may be beneficial.

Cataracts

Cataracts are cloudy areas that form in the lens of the eye. The lens is naturally clear but when it becomes opaque, the amount of light that passes through it is reduced and scattered. This causes glare and hazy vision. If untreated, cataracts can cause blindness.

Signs and symptoms

The development of cataracts is usually gradual, with a painless decrease in vision. The time taken for this to happen varies from months to several years.

Symptoms may include:

- Blurred or hazy vision.
- Spots before the eyes.
- Double vision.
- Sensitivity to glare and light.
- Poor night vision.
- Colours may seem faded or yellowed.
- Needing a brighter light to read.

Usually cataracts affect both eyes but often they develop at different rates in each eye.

Causes

A cataract is not a film over the eye or a growth. It is a clouding of the normally clear lens of the eye due to changes in the protein structure of the lens. Most cataracts are the result of ageing and long-term exposure to ultraviolet light (usually from the sun). Smoking and heavy alcohol consumption may also be associated with cataract formation.

Some research suggests that people who have a low dietary intake of fruits and vegetables, vitamins C and E and beta-carotene are also at higher

risk of the disease. Diabetes and cardiovascular disease may increase the risk of cataract development, as may eye injuries or the use of some medications, including steroids.

Treatments

When symptoms first appear improved focal lighting, prescription glasses and other visual aids such as a magnifying glass may be used to improve vision for a while. When the condition becomes serious enough to affect daily life, a surgical procedure becomes necessary to restore vision.

Cataract surgery is a relatively minor procedure. Often it is performed under a local anaesthetic as a day procedure, which means you attend the hospital or clinic for the surgery and you are able to go home the same day. A small incision is made and the cloudy lens is removed and replaced with a clear, plastic intra-ocular lens (IOL). Once the cataract is removed it cannot redevelop.

Prevention

There is no proven method to prevent cataracts. Sun protection (wearing good quality sunglasses and a wide-brimmed hat when outdoors) and not smoking can reduce your risk. ►

Glaucoma

Glaucoma is the name given to a group of eye diseases where the optic nerve at the back of the eye is slowly damaged. This prevents visual messages getting from the retina to your brain. If left untreated glaucoma can cause vision loss and blindness.

Signs and symptoms

Usually there are no symptoms until permanent vision loss has occurred. When diagnosis is delayed and the eyes have suffered vision loss, this cannot be recovered. In some cases of glaucoma symptoms may appear which include:

- Blurred vision.
- Coloured rings or haloes around lights.
- Loss of side/peripheral vision.
- Pain and redness of the eye.

Causes

The eye is filled with fluid, known as aqueous humour, which is constantly being replaced. If excessive amounts of fluid are produced, or if it cannot drain away properly from the eye, pressure inside the eye can build up. In some types of glaucoma the pressure inside the eye can become extremely high but in others the pressure may be normal.

The exact causes of glaucoma are not known.

People over age 40 are more likely to have glaucoma than younger people.

Risk factors include:

- High intra-ocular pressure (pressure inside the eye).
- Medical conditions including diabetes, heart disease and high blood pressure.
- Family history of glaucoma.
- History of eye injuries.
- Long-term corticosteroid use.

Treatments

If detected early glaucoma can be treated to reduce the risk of vision loss. Treatment cannot recover what vision has been lost but it can stop or slow any future damage if loss has already occurred. It is important to detect glaucoma as early as possible, so treatment can be started with as little damage to the vision as possible. There are a range of treatments that have been shown to be effective in slowing down or halting the progression of the disease.

Treatment often starts with prescription eye drops to relieve the pressure inside the eye. If drops don't bring your eye pressure down adequately you may also be prescribed oral medication and/or receive laser treatment to reduce the pressure. Advanced surgery may be necessary if medications or laser treatment are ineffective.

Prevention

A thorough eye examination can detect glaucoma before symptoms develop. Having regular examinations provides the best chance of preventing or reducing vision loss.

Diabetic retinopathy

Diabetic retinopathy (DR) is a common complication of diabetes where the blood vessels in your retina become diseased and damaged.

Signs and symptoms

It is uncommon to have symptoms in the early stages of diabetic retinopathy but as the condition progresses symptoms may include:

- Spots or dark strings floating in your vision (floaters).
- Blurred vision.
- Fluctuating vision.

Both eyes are usually affected.

Causes

Everyone with diabetes is at risk of developing DR. People with diabetes who are most at risk include those who:

- Have had diabetes for many years.
- Have kidney damage.
- Have high blood pressure or high blood cholesterol.

The most critical risk factor for the development and progression of DR is poor control of blood glucose levels.

Treatments

One treatment involves the injection of medications that prevent the formation and growth of abnormal blood vessels. Laser treatment is another option, where a narrow, high-energy light beam is aimed through the pupil and onto the retina to shrink the abnormal blood vessels. Laser treatment can prevent further vision loss from DR, but it

cannot restore vision that has already been lost.

So, in addition to maintaining good blood glucose control, early detection and treatment is the key to reducing blindness and low vision from DR.

Prevention

Controlling blood glucose over time reduces the risk of developing retinopathy but does not eliminate it. Taking an active role in managing your diabetes can help prevent complications. Regular eye examinations to detect any changes are crucial. People with diabetes are advised to have yearly eye examinations and more frequently if retinopathy is found.



Useful contacts

OPTOMETRY AUSTRALIA

optometry.org.au

THE ROYAL AUSTRALIAN AND NEW ZEALAND COLLEGE OF OPHTHALMOLOGISTS (RANZCO)

ranzco.edu

VISION AUSTRALIA

visionaustralia.org.au

MACULAR DISEASE FOUNDATION AUSTRALIA

mdfoundation.com.au

GLAUCOMA AUSTRALIA

glaucoma.org.au

DIABETES AUSTRALIA

diabetesaustralia.com.au

NPS MEDICINEWISE

nps.org.au

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C A N Y O U READ THIS?



Test your focal power here

Remove any visual aids

Hold the chart 33cm or 13" away from your face

continue reading until you can not see clearly

The focal power listed on the right is the strength

of reading glass you need to be wearing. Find the corresponding strength in the i-Care range

+3.50

+3.00

+2.50

+2.00

+1.50

+1.00

If you are suffering from eyestrain, i-Care reading glasses will magnify details allowing you to hold reading material at a comfortable distance without straining. It is recommended to regularly have your eyes examined by an Optometrist or Ophthalmologist. Clearer vision is available at an affordable price, **starting at \$19.95.**



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inspiring fitness, beauty and fashion solutions for every woman

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Need a little fitness rev-up? These apps are sure to help

YOU CAN DO IT

Overcome your exercise excuses and get moving!

EYES THAT POP!

How to make this gorgeous feature stand out even more

FROM KOREA, WITH LOVE

The beauty trend that is so hot right now!

GOOD ENOUGH TO EAT

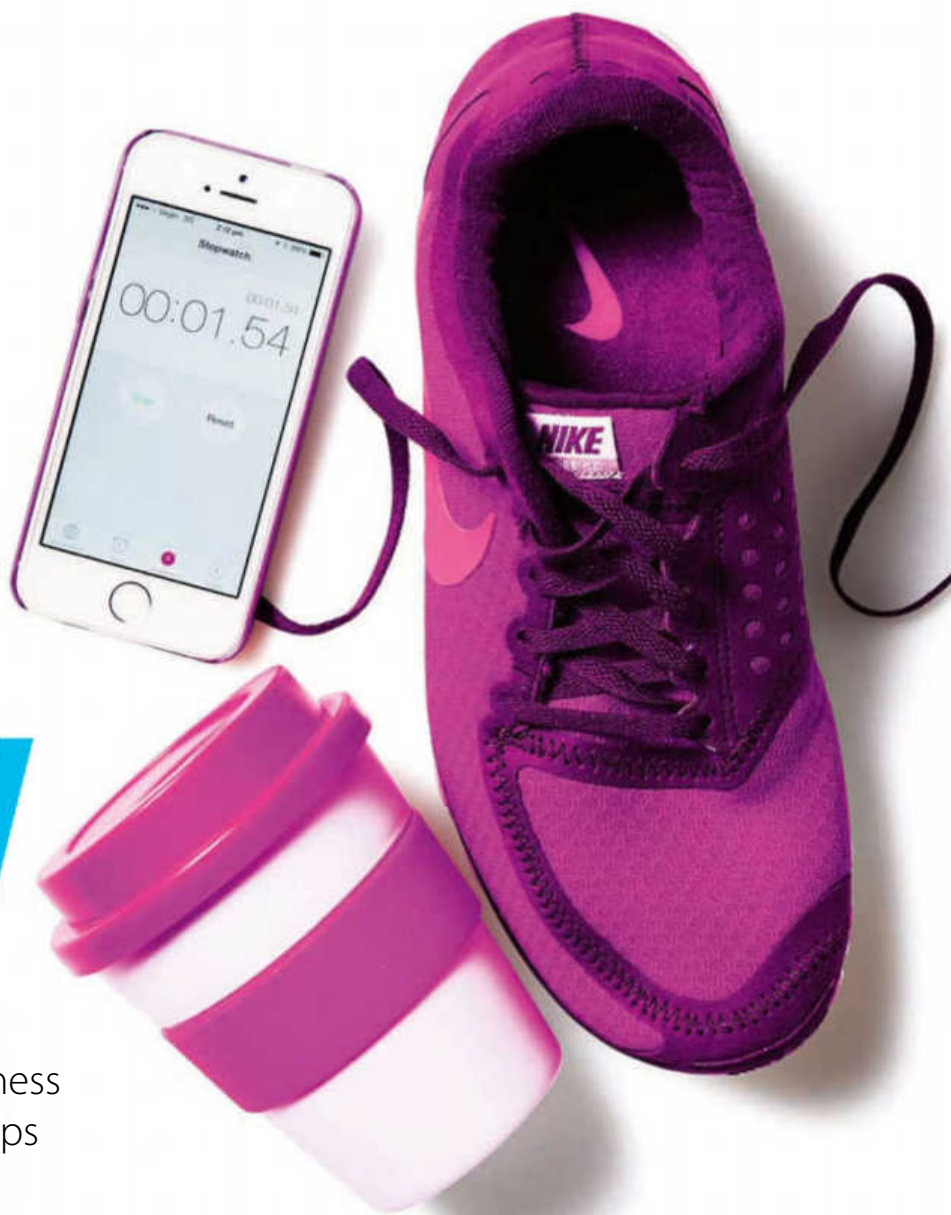
Superfoods are delivering serious results in beauty

BRIGHT SPARKS

Vivid hues and pretty pastels to wake up your wardrobe



Fit & 'APPY



Looking for a little low-cost fitness motivation? These fabulous apps are here to help, says Pip Harry

Don't have the cash for a gym membership or personal trainer? No sweat. Jump onto your smartphone, download an app and you can get endless fitness tips, programs and motivation for the cost of a takeaway coffee – or totally free.

BEST FOR OUTDOORS MAPMYHIKE

Android/iPhone, free

If you love to explore the great outdoors, *MapMyHike* is one to have tucked into your backpack. Choose from over 70 million routes or blaze your own amazing trail. Using GPS the app will track your movement, distance, pace and kilojoules burned, with options to share your adventures with your buddies

and log food intake. Also available: *MapMyFitness*, *MapMyRun* and *MapMyRide*.
Verdict: A tried and tested app for anyone who loves fresh air, maps and a challenge.
mapmyhike.com

BEST FOR QUICK WORKOUTS SWORKIT LITE

Android/iPhone, free

Don't have time for a full gym session? You only need

a spare five minutes to squeeze a workout into your day with this app. Choose from 5- to 60-minute video routines of circuit training, strength and cardio workouts, yoga, Pilates and stretching.

If you're recovering from an injury, there's an option to remove exercises and replace them with rehab versions.

Best for: Busy full-time workers or those who prefer to exercise at home with no equipment needed.
sworkit.com

BEST FOR
A KICK-START
COUCH TO 5K

Android/iPhone, \$2.49

This app promises to turn any couch potato into a runner in nine weeks, with just three 30-minute sessions per week. The program uses a voice prompt to alternate running and walking in short bursts, so that your body adjusts to the movement gradually.

The end result is that you'll be able to cruise through a 30-minute continuous run. Looking for more? Bundle in the 10km and the half-marathon (21km) apps.

Verdict: Fantastic motivation for non-runners and those who've fallen off the treadmill onto the lounge.

active.com/mobile/couch-to-5k-app

BEST FOR
WEIGHT CONTROL
MYFITNESSPAL

Android/iPhone, free

If you love a Sunday morning bike ride and the eggs Benedict at a cafe afterwards, this sophisticated kilojoule-counting and fitness app is a must. It allows users to enter exercise completed and daily kilojoule goals, keeps track of food intake and serves up nutritional facts and advice on making healthy life choices.

Verdict: With around 80 million users, this popular app is a great tool for shaping up and losing weight.

myfitnesspal.com



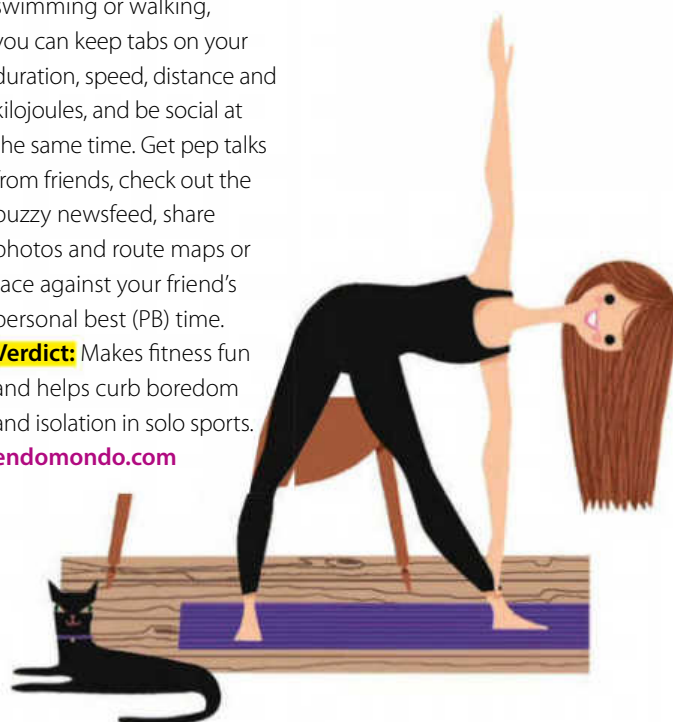
BEST FOR
SOCIALISING
ENDOMONDO SPORTS TRACKER

Android/iPhone, free

This clever social sports app is like the lovechild of Facebook and a fitness tracker. Whether you're kayaking, running, swimming or walking, you can keep tabs on your duration, speed, distance and kilojoules, and be social at the same time. Get pep talks from friends, check out the buzzy newsfeed, share photos and route maps or race against your friend's personal best (PB) time.

Verdict: Makes fitness fun and helps curb boredom and isolation in solo sports.

endomondo.com



BEST FOR
HEALTHY COMPETITION
STRAVA

iPhone/Android, free

A little competition can be a good thing when it comes to training. Heading up a steep hill or around a park? *Strava* tracks your running, cross-training or cycling with GPS, and compares your effort against others who came before you. It gives you a ranking so you can move up the leaderboards or smash your own PB.

Strava also has challenges, and the option to share photos and follow friends.

Best for: Those that like to stay ahead of the pack or set themselves a challenge.

strava.com/mobile

BEST FOR
INTERVALS
TABATA PRO

iPhone, iPad, \$3.79

Tabata Pro is designed for weight training, running, cycling, or any interval fitness training where there are periods of hard work followed by a short recovery. The app allows you to set active and rest times and the speaking coach chimes in when it's time to get moving again. It's easy to follow and includes a 'Workout DJ' so your pre-set music will play during the session.

Verdict: Brings the intensity of interval training out of the gym and into your home. A sleek, simple motivator with the bonus of nine interval routines built in.

simpletouchsoftware.com/products/tabatapro/

BEST FOR
YOGA
POCKET YOGA

Android/iPhone, \$3.79

Roll out a mat and it's like being in a real yoga studio, with soothing music and a calm animated instructor guiding you through each of the 200 plus poses. There are plenty of options too – you can take a class at a beginner, intermediate or advanced level for 30, 40 or 60 minutes, or just stretch out with some quick sun salutations for 10 minutes.

Verdict: Perfect for busy times when you can't get to a class. pocketyoga.com

you can do it

It's time to put aside your excuses and get moving. Gabrielle Nathan reveals how

Has your fitness fallen by the wayside over the last few months? With warmer and longer days on the way, now is the time to stop making excuses and start achieving your goals.

Here, we tackle the obstacles that have been getting in your way and show you how you can get fit, no matter what!

'I'M TOO TIRED TO WORK OUT'

Busted! "By avoiding exercise that will make you feel energised, you end up feeling worse," explains psychologist Dr Kate Joseph. "And if you're tired because you're not sleeping well, exercise can promote better sleep, as long as you finish your workout at least four hours before bed."

Help yourself: "Tell yourself even though you don't feel like it you're going to exercise because you want to be a fitter, more active and energised person. It's about adopting goal-driven, rather than mood-driven, behaviour," says Dr Joseph. Matching your activity to your mood can help. "Try yoga instead of a cardio session or a stroll outdoors to replace an indoor class," she says. Even a 15-minute walk can boost your energy.

Exception: If you're exhausted or feeling unwell, your body is signalling that something isn't right and you need to rest.





'I HAVEN'T GOT ENOUGH TIME'

Busted! It only takes a few minutes a day to feel better. High-intensity interval training (HIIT) delivers the kilojoule-burning benefits of heavy, continuous exercise but in much less time. Studies show HIIT can also lower your risk of diabetes and cardiovascular diseases, while boosting your overall fitness.

Help yourself: "Swap some or all of the time you spend not doing anything productive, such as reading on your phone or commenting on Facebook, for productive activities," says David R Hamilton, author of *I Heart Me: The Science Of Self-Love*.

Got a spare 24 minutes? Doing 24 x 30-second intervals can torch just as many kilojoules as 6 x 120-second intervals, but feels more enjoyable and less gruelling, shows a study in the *Journal of Sport Exercise Psychology*. Plus, dividing your HIIT workout into 30-second sets can increase the pleasure and satisfaction you feel post-exercise.

Exception: "On days when you're genuinely too busy, be kind to yourself and resolve to create some time when things have calmed down," advises Hamilton.

'I'M IN PAIN WHEN I EXERCISE'

Busted! "Following a program designed to correct muscle imbalance or train weak muscles will speed up the recovery process as well as get you fit and prevent the chances of the injury recurring," says personal trainer Dylan Jones.

Help yourself: "Once a doctor has assessed your injury, a personal trainer or rehab specialist can devise a bespoke program that will prevent the injury from getting worse," says osteopath Nick Cowan. "For instance, to prevent further injury to irritated knee joints, strengthen your hip and thigh muscles through low-impact exercises including yoga, Pilates, cycling and swimming, and include a pelvic bridge pose in your routine." Lie on your back with your knees bent and feet on the floor. Tilt your pelvis forward and slowly peel your back off the floor until you've reached the 'top' of the bridge, then gradually roll down from the top of your spine to the base of your back. This will help to strengthen your glutes and hamstrings.

Exception: "Don't push through acute pain – it's your body's way of telling you to stop and rest," says Cowan. ►

'I'M TOO STRESSED'

Busted! "Regular meditation helps you be more focused and effective in everything you do," says meditation expert Sandy Newbigging, author of *Mind Calm*. As a result, you'll get more done with less stress – and that includes your daily workout!

Help yourself: "Meditation is so important for stress release that it pays dividends to plan your day around it," says Newbigging, who suggests two or three meditation sittings of about 20 minutes each. "Good times of the day include before breakfast, your evening meal and bed."

Exception: On days when you're too stressed to sit with your eyes closed, practise GAAWO. "Gently Alert With Your Attention Wide Open is achieved by looking ahead while simultaneously letting your gaze become wide to the left and right, so you are also using your peripheral vision. It makes your mind quiet and helps you feel calm," says Newbigging.

'I DON'T KNOW HOW'

Busted! With so many resources available online, there's no excuse for not hitting your fitness targets – expert help is just a click away. "Thanks to developments in interactive technology, you can receive tuition and guidance from some of the world's best fitness instructors via live-streamed classes and Q&A sessions online," says personal trainer Matt Roberts.

Help yourself: Want to experience Gwyneth Paltrow's gym class? Her trainer Tracy Anderson live-streams a class from her New York studio every week (see tracyanderson.com).

For something more bespoke, try online personal training. "Whether you want to get stronger, slimmer or more flexible, a program structured to help you achieve specific aims is vital," says Dylan Jones, who's designed a virtual training system, P4 Virtual Trainer, which can be tailored to meet particular fitness goals. "Having a virtual PT means you can follow a prescribed exercise plan anywhere, anytime. You can monitor your progress, modify your training and set new goals at the touch of a button," he says.

Exception: If you're new to exercise, pregnant or have health problems that could be complicated by diet or other lifestyle changes, consult your doctor before embarking on a program.

'IT'S STILL COLD OUT'

Busted! The days should start warming up in October, but mornings might still be chilly. "But as long as you keep your core temperature at around 37°C, you can continue to exercise outside when it's cooler," says exercise expert Rob Jones. "If you wear sweat-wicking kit that protects the extremities, working out in colder conditions can be easier than in summer, as the body can shed excess heat more easily."

Help yourself: "Wear base, mid and protective layers that will trap the heat but allow you to regulate your temperature by stripping off a layer at a time," says running expert Ingalena Heuck.

Exception: In cool weather plyometrics – moves that require jumping, such as squat jumps – can be a great alternative to a run, says Jones. "If done properly, they can benefit run performance and reduce injury risk. This is because they require explosive muscular contractions that develop speed and power."



BOOST CONFIDENCE AND BUILD WILLPOWER

"The most common reason for failure in reaching healthy goals is that people misunderstand how to use their willpower," says social psychologist Roy Baumeister.

"Like a muscle, willpower is a limited resource that can be drained. If you've set several goals, each requiring self-control, any time you do anything to uphold one, you detract from the willpower you have left to pursue the others. So, rather than striving to reach all your goals at the same time, tackle them in sequence," he says.

"Start with an easy one and do it until you have succeeded at it. Then, move on to the next one. Succeeding at one will improve your chances of succeeding at the others. This is partly because it boosts confidence, but also because the easy exercises will build up willpower that you can use to tackle the harder challenges later."

Set yourself SMART goals

"When setting targets to improve your health and wellbeing, make sure they are SMART," says Dr Joseph. "**It stands for specific, measurable, achievable, realistic and time-limited.**"

Vowing to be healthier or fitter is too general and too difficult to evaluate. "A SMART goal would be, 'I want to be able to jog round the block twice a week by the end of October'. You can define it, measure it, achieve it, it's realistic in terms of finances and time restrictions and there's a clear deadline," she explains.

"Crucially, SMART goals are those that can be continually reassessed and redefined, which allows you to make significant and constant progress throughout the year." Result! ☺

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EYES THAT POP!

THESE SIMPLE TRICKS DEFINE YOUR EYES
AND INSTANTLY TURN BACK THE CLOCK

Gorgeous, more youthful eyes can be yours with just a few small make-up tweaks. Here, we reveal the tools and techniques you need to create a look with va-va-voom!

PREP PROPERLY

Good preparation prevents product from smudging and settling into fine lines. If you're prone to dark circles or have redness that needs to be toned down, apply corrector under your eyes in a triangle shape – taking product from the inner corners of the eye, halfway down the side of your nose, and back up to the centre of your lower lash line. Then apply it to your eyelids to act as a glue for your shadow to stick to.

Toolkit essentials:

Youngblood Ultimate Corrector, \$55, can be used alone or with a concealer. Its creamy formula is easy to blend and hides almost anything, while **Estée Lauder Perfectionist Youth-Infusing Brightening Serum + Concealer**, \$55, covers imperfections while brightening.



USE CREAMY FORMULAS

Eyeshadow powders often contain talc, which dries the skin and encourages product to settle into fine lines. Use cream-based stick eyeshadows instead – their waxy formulas will help hydrate the area, and they're a breeze to use.

Toolkit essentials:

Laura Mercier Caviar Stick Eye Colour in Cocoa, \$39, can be used all over or, for more drama, as a contour colour in the crease of the lid; **Nars Velvet Shadow Stick in Hollywoodland**, \$40, fakes a good night's sleep when applied to the inner corners of eyelids; and **Lancôme Ombre Hypnôse Stylo Eyeshadow Stick in Sable Enchanté**, \$44, is great for every day.



DABBLE IN 'DOUBLE LINER'

Lining your eyes with two different liners – a powder and a gel – adds depth and definition and instantly makes eyes stand out, says make-up artist Bobbi Brown. Begin by lining the top lash line with a fine eyeliner brush and gel eyeliner, before going over the top half of the gel with a powder shadow in a similar shade. "The result is a diffused liner look that is darkest at the lash line and softens as you go up the eyelid," says Brown.

Toolkit essentials:

Bobbi Brown Long-Wear Gel Eyeliner in Black Ink, \$37, **Bobbi Brown Shimmer Wash Eye Shadow in Gunmetal**, \$42, and **Bobbi Brown Ultra Precise Eye Liner**, \$35, make double lining easy. But if it's a traditional liquid liner you're after try **Benefit They're Real! Push-Up Liner in Black**, \$37.

ENHANCE YOUR BROWS

Combining wax and powder formulas adds density to sparse brows. Use an angled brush and brow wax to shape, bulk and enhance the brows, before filling in sparse areas with a powder. This two-minute task will instantly frame your features.

Toolkit essentials: **Rimmel London Brow This Way Brow Sculpting Kit**, \$12.95, combines both wax and powder for the ultimate all-in-one. If it's a brow pencil you covet, try **Elizabeth Arden Beautiful Colour Natural Eye Brow Pencil**, \$30, or **Designer Brands Brow Pencil**, \$5.99.

Master mascara

Create the illusion of brighter, wider eyes by curling your lashes, positioning the lash curler right into the roots before firmly pressing down. Hold your mascara wand along your lashline then gently press it into the roots. Now jiggle the wand from side-to-side as you brush from root to tips. The result? Instantly longer, fuller and curlier lashes.

Toolkit essentials: **Model Co Lash+Line Superlash Mascara + Liquid Eyeliner (2)**, \$24, is a convenient dual-ended volumising mascara and liquid liner for touch-ups on the go, while **Clinique Chubby Lash Fattening Mascara (3)**, \$35, and **Shiseido Full Lash Volume Mascara (1)**, \$50, both create seriously full lashes with every coat. +

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From KOREA, with love

MAKE WAY FOR THE NEW BEAUTY TREND
THAT'S TAKING THE WORLD BY STORM

Beauty addicts are going crazy for Korean products and it's no wonder: they are innovative, affordable, and promise softer, more radiant skin and fast results. We discover the best new trends coming your way.

CUSHION COMPACTS

Cushion compacts combine the benefits of liquid foundation, BB and CC creams in one convenient case. The formula-soaked cushion and applicator pad create a light-as-air finish that covers imperfections, hydrates and brightens the skin.

Bestsellers: IOPE Air Cushion XP, \$54, remains an icon, while Laneige BB Cushion, \$55, is a consistent bestseller for its formula and price. Both available from Australian-based Korean beauty website, stylestory.com.au.

Best of the West: Lancôme Miracle Cushion, \$60, takes the trend to the masses. ►





SNAIL CREAM

It sounds unappealing, but snail slime is the next frontier in anti-ageing skincare ingredients. "Snail slime improves skin texture and hydration, as well as reducing scarring, hyper-pigmentation and irritation," says Lauren Mickel, founder of Style Story.

Bestsellers: Mizon All In One Repair Snail Cream, \$42, which contains 92 per cent snail slime, and Benton Snail Bee High Content Steam Cream, \$24, which combines bee venom and snail slime for maximum results. Both are available from stylestory.com.au.

BB CREAM

Created in Korea in the 1980s as a way to heal and improve skin after cosmetic procedures, this multi-tasking beauty essential continues to gain popularity.

"Unlike Western foundation, BB cream is intended to both cover and treat skin issues such as acne, sun spots and

age spots. Korean BB creams also have anti-inflammatory, anti-wrinkle, brightening and soothing effects," explains Mickel.

Bestsellers: Dr. Jart+ Premium Beauty Balm, \$72, available at Sephora, uses medicinal herbs in its formula, and Missha M Perfect Cover BB Cream, \$22, available from stylestory.com.au, has sold more than 30 million units worldwide, making it an international bestseller. **Best of the West:** Smashbox Camera Ready BB Cream, \$52, available at Mecca, gets rave reviews for its lightweight formula that gives just the right amount of coverage.

SHEET MASKS

Beauty devotees swear by the benefits of sheet masks, which have been trending in Korea for quite some time. The highly concentrated formula offers instant hydration, brightening and softening. Simply remove the product-soaked sheet from its case and press into the contours of your face,

leaving for 15-30 minutes.

Bestsellers: Leaders

Insolution Mela-Tox Skin Clinic Mask, \$3.90, available from stylestory.com.au, plumps, hydrates and lightens dark spots, while **Dr Jart+ Wrinkless Solution Body Heat Thermosensitive Cellulose Gel Mask**, \$6, gives an instant lift.

Best of the West: Nuxe

White Brightening Perfecting Mask, \$49.99, boosts luminosity, and **Neutrogena Hydro Boost Mask**, \$19.99, is intensely hydrating.

ESSENCE

Korean women are dedicated to 'essence', a new innovation designed to increase moisture, re-energise tired skin cells and

encourage deeper penetration of active ingredients. While it is an added step in your skincare regimen – it follows cleanser and precedes serum and moisturiser – the glow your skin gets makes it worthwhile.

Bestsellers: Cremorlab

Mineral Treatment Essence, US\$42, from peachandlily.com, uses fermented chamomile water to nourish the skin, and **Missha Time Revolution The First Treatment Essence**, \$54, from stylestory.com.au, has eight benefits in one.

Best of the West: Elizabeth Arden Superstart Skin Renewal Booster, \$85, is launching in early October, and **Olay Regenerist Miracle Boost Youth Pre-Essence**, \$39.99, has just hit shelves. +



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ARE CREATING A BUZZ IN
BEAUTY CIRCLES

Your kitchen cupboards might be filled with Manuka honey, quinoa and goji berries, but what about your bathroom? Turns out the latest must-have superfoods are delivering serious results in beauty too – for your skin, hair and body. Here are the ones to watch.

OLIVE

Whether it's cold-pressed extra-virgin olive oil or olive leaf extract, olive-based ingredients are loaded with antioxidants, vitamins and hydrating properties that leave the skin protected and nourished.

Olive Olive Leaf Rosehip Oil, \$22.95, uses olive leaf extract

and rosehip oil to neutralise free radicals and encourage cells to regenerate, while

Trilogy Age-Proof Replenishing Night Cream, \$53.95, uses a combination of olive, pomegranate, blueberry, strawberry and chia seed oils to slow the effects of

glycation – a naturally occurring process that speeds up the ageing process – on the skin.

COCONUT

It's the deeply hydrating essential fatty acids that make coconut a winner in the bathroom.

Known to smooth skin and restore moisture,



coconut is widely used to hydrate skin and hair.

Bioglan SuperFoods Coconut Oil, \$14.35, boasts multiple uses, including as a body moisturiser or hair mask, while **Yes To Coconut Cleansing Wipes**, \$7.99, gently remove dirt without compromising hydration.

MANUKA HONEY

Call it the ultimate multi-tasker – Manuka honey is a natural antimicrobial and antibacterial, it helps stimulate wound healing and contains acids that help remove dead skin cells and heal acne. **Skin Doctors BeetoX**, \$59.95, and **Abeco Bee Venom Mask**, \$88, both use the healing benefits

of Manuka honey with bee venom to treat wrinkles and even your skin tone.

QUINOA

Protein-packed quinoa has found its way into beauty as it helps to strengthen hair and repair damage.

Aveda Damage Remedy Daily Hair Repair, \$49, uses organically derived quinoa protein to create strong, healthy hair, while the combination of minerals and quinoa in **BareMinerals Lash Domination Volumizing Mascara**, \$22, helps to strengthen and protect lashes.

ACAI

Rich in antioxidants, acai berry helps ward off free radical damage

while encouraging bright skin and shiny hair. **Matrix Biolage Cleansing Conditioner for Medium Hair**, \$29.95, contains acai to protect and nourish your strands, while **Rosehip by Essano Certified Organic Rosehip Oil**, \$19.99, uses the benefits of rosehip and acai oils to rehydrate and illuminate a tired complexion.

GOJI BERRY

Hailed for its antioxidant value, this small red fruit is believed to combat free radical damage. Also high in vitamin C, it's used in skincare for its anti-ageing properties. **Éminence Balancing Moisturizer Duo**, \$118, keeps oil under control with its

balancing formula of mattifier with vitamin-rich green tea, and cheek hydrator with fresh pomelo juice and goji. Filled with superfoods, **Redwin NutriMoist Body Lotion with Acai, Goji and Pomegranate**, \$9.99, is promising smoother skin in seconds.

TAMANU OIL

The oil of the tamanu fruit encourages new

tissue production, making it the ultimate skin healer. The result is reduced scarring, a more even skin tone and improved skin texture. **La Mav Pure Certified Organic Pure Tamanu Oil**, \$24.95, promotes healthy, radiant skin, while **Sukin BioNatural Skin Oil**, \$14.95, is specially formulated to target scars, pigmentation and stretch marks. ✚



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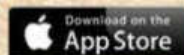


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UNDERSTANDING animal symbols

The animal kingdom can offer support and healing when you need it most. Cora Lydon helps you decipher their symbols

Communication comes in all shapes and sizes, and sometimes a message is delivered from the unlikelyst of couriers – animals. By quietly observing animal symbols, and understanding what each creature represents, you can gain strength and find purpose.

"In much the same way as people may associate energy or meanings with crystals, animal messages are the 'meaning' associated with animals and their symbology as spiritual guides," explains Scott King, author of *Animal Dreaming*.

Animal symbols have always resonated deeply for people – the Egyptians considered cats to be their guardians, while Aboriginal people often have an animal totem as a guide.

Of course, sometimes a bird is simply a bird, but sometimes

that bird could be trying to bring you a message relating to a specific issue. So, how can you determine whether an animal is there to guide you?

It's not easy, says King. "It's a 'feeling' thing. Sometimes you may see an animal and get a strong sense that this one is somehow special.

"Spotting an animal messenger is about being observant, contemplative and dedicated," says King. "Before you can interpret the messages, you first have to notice them. If you're seeking a sign from the animals, don't settle on the first sighting as being gospel. Wait until you have witnessed that animal three times in total."

The animal doesn't have to appear to you physically – you may dream about it or notice it on TV, or you may overhear someone talking about this animal. Once you've had three

references in a short space of time to the same animal, King says it's time to integrate this animal's message into your life.

Steven Farmer, author of *Animal Spirit Guides*, suggests tapping into your intuition to interpret a message. "When you know that you're getting a communication from an animal spirit guide, first close your eyes, imagine that animal's spirit in front of you, and in your mind ask, 'What do you want me to know?'," says Farmer. "Take a deep breath, relax and see what sort of impressions and information you get."

You can interpret your message your own way, says King. But there is a general consensus on many animals' meanings – often drawn from the animals' strengths or weaknesses. Here, we explore some common messages from the natural world.



Cat
Associations:
Independence,
curiosity, perceptive

You're in a period where trust in your own capabilities is crucial – know that things will work out. "Whatever you've released – relationships, material goods, self-defeating habits – will soon be replaced with something or someone entirely more suitable for who you are presently," explains Farmer.





Eagle

Associations: spirit, healing, responsibility

"As the bird that flies closest to the heavens, the eagle is the closest physical thing we have to a messenger of the celestial realms," says King. "When I see an eagle I know that I'm being watched over, that the path I've chosen is the right one for me, and that my life, at that point, is blessed."



Cassowary

Associations: shyness, wisdom, pride

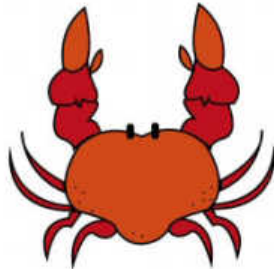
If your message is from a cassowary it's time to give something back, explains Farmer. "The law of karma – what you put out will come back to you – is stronger than ever right now, and the return that much quicker."



Deer

Associations: compassion, humility, kindness

"The deer reminds us to care, forgive, love and protect," says King. "It keeps us humble during times when anger, ego and greed may threaten to overwhelm our good sense."



Crab

Associations: community, prosperity, success

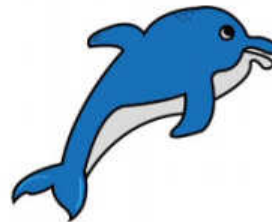
"You're about to experience an unexpected shift in your surroundings or in your personal life that will be beneficial for your soul's path," advises Farmer. A message from a crab can help you adapt quickly and deal with change.



Echidna

Associations: unique, stubborn, stability

"If an echidna shows up, it means this is a time to be vigilant and cautious in unfamiliar or uncomfortable situations," says Farmer. He also suggests this is the time to leap into whatever it is you've been curious about exploring or studying.



Dolphin

Associations: playfulness, harmony, intelligence

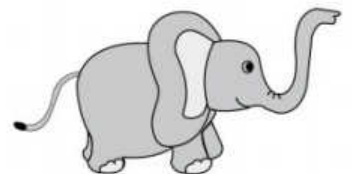
"The dolphin is there when we are faced with decisions or crossroads in life. She's there when we create, dream and change direction. She's like a spiritual navigator and midwife all rolled into one," says King.



Butterfly

Associations: soul, joy, transformation

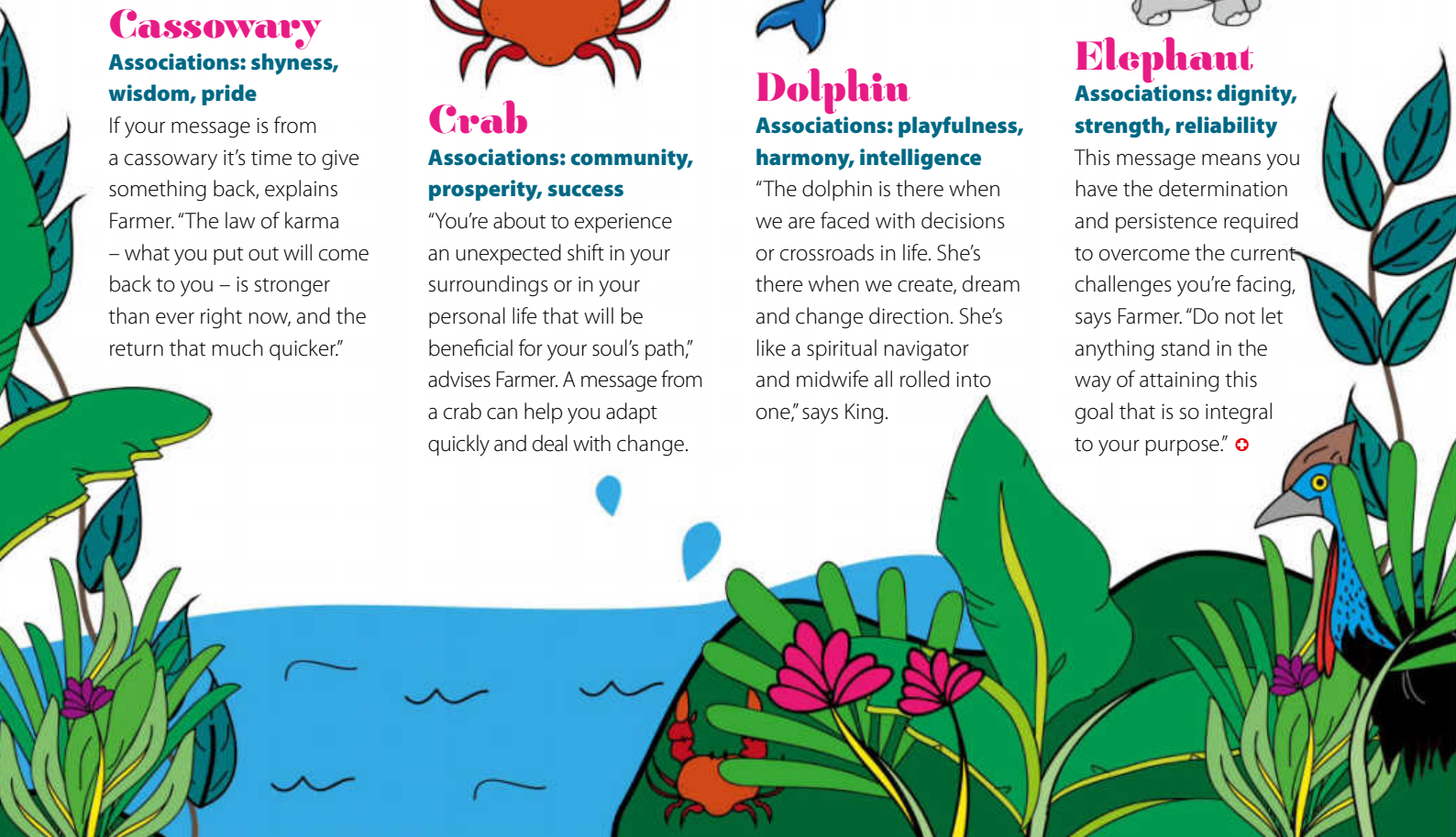
"Get ready for a big chance," says Farmer. "One where an old habit, way of thinking or lifestyle is going out, and a new way of being is emerging. In spite of the challenges you'll get through this transition."



Elephant

Associations: dignity, strength, reliability

This message means you have the determination and persistence required to overcome the current challenges you're facing, says Farmer. "Do not let anything stand in the way of attaining this goal that is so integral to your purpose." +





10 PLANTS TO BOOST YOUR HEALTH & HAPPINESS

Surround yourself with greenery and see your wellbeing improve. By Pip Harry

With many of us working long hours indoors, it's not always easy being green. But keeping in touch with plant life can have powerful health benefits. Studies show having a leafy office can decrease stress and negativity by up to 60 per cent and improve productivity by up to 30 per cent. Plants can also improve air quality, boost mental clarity and introduce good energy to a room. Horticulturalist and gardener Nicholas Crook helps us choose the best plants for a better life.

FOR CLEANER AIR

With many of us spending a third of our waking hours at work, being able to breathe good quality air at the office is really important. A study by NASA found many indoor plants helped filter and remove atmospheric pollutants such as benzene, formaldehyde and trichloroethylene from the air, says Crook. "So sharing your work space with the right plant can help coughs, headaches and dry sore throats, and also reduce fatigue. Plants can also have a calming effect, and can increase workplace satisfaction."

How many?

"At least one large plant to every 30sqm of office or home space is best, says Crook. "Every desk would benefit from a small pot plant. Recent research found micro-organisms in the potting mix also play a role in removing air pollutants."

Which kind?

The following plants offer multiple health benefits.



Golden pothos

(*Epipremnum aureum*)

NASA scientists listed Golden

Pothos Ivy as the number one plant for air-filtering as it's most effective at absorbing formaldehyde. Try it as a hanging or floor plant. It likes moderate temperatures and medium sunlight.



Peace lily

(*Spathiphyllum cultivars*)

The beautiful peace lily is a wonderful low-maintenance flower to keep in the home or office and they can reduce the levels of a number of toxins in the air. They do well in shade

and cooler temperatures. A word of caution, peace lilies are toxic to cats and dogs, so may be best avoided by pet owners.



Snake plant

(*Sansevieria trifasciata* 'Laurentii')

Snake plants don't need much light or water to survive, so they're an easy choice. The plant absorbs carbon dioxide and releases oxygen during the night (while most plants do so during the day), so add one to your bedroom for a clean-air boost.



Rubber plant

(*Ficus elastica*)

Rubber plants are one of the easiest plants to grow, as they thrive even in dim lighting and cooler climates. They are also a powerful toxin eliminator and air purifier.



Spider plant

(*Chlorophytum comosum*)

One of the most common house plants, Spider plants are decorative, easy to grow, and also make the NASA list of the best air-purifying plants. They fight pollutants such as benzene, formaldehyde, carbon monoxide and xylene.

Blooms to avoid

"If you have asthma or allergies, avoid flowering plants with heavy pollen, such as lilies," says Crook. "Plants with fuzzy or hairy leaves may also cause allergic skin reactions and spiny plants such as cacti

can leave an itchy sting. Watch out for those with an irritant or poisonous sap such as dumb cane (*Dieffenbachia*), oleander (*Nerium oleander*) or angel's trumpet (*Brugmansia*). ►



FOR PEACE AND PROSPERITY

Feng shui

Plants have been used in the ancient Chinese practice of feng shui for many years to bring *chi* or positive energy into a space. "For the best feng shui in a room, cluster plants in groups of three and select plants with rounded leaves rather than spiky or pointed leaves for the best energy flow," says Crook.

A feng shui 'money tree' is thought to bring more wealth and they're often seen in shops at cash registers! The jade plant (*Crassula ovata*) is also a popular choice for boosting finances. Plant it in a 'south-east'

corner of your house or in any room where you wish for more prosperity.

Mental health

Being around healthy plants promotes a healthy mind. "Indoor plants will calm and soothe," says Crook. "Green foliage plants, in particular, assist with mental clarity."

Try these three to boost mental health:

* Purple waffle plant

(*Hemigraphis alternata*)

* Wax plant (*Hoya carnosa*)

* Asparagus fern (*Asparagus densiflorus*)

ALOE, ALOE

Being indoors can sap our skin of moisture but the aloe plant can come to the rescue. "The gel of the aloe plant has a number of healing properties and the sap, applied to dry skin, is a marvellous moisturiser," says Crook. But that's not the only benefit. "The plant can help clear the air of pollutants found in chemical cleaning products, and when the amount of harmful chemicals in the air becomes excessive, its leaves will display brown spots."



TIP: ALOE GROWS BEST WITH LOTS OF SUN

Plant-care tips

NOURISH YOUR GREEN FRIENDS SO THEY CAN KEEP YOU HEALTHY IN RETURN.

AIR Avoid placing your plant directly in front of airconditioning vents as it will dry out foliage and cause distress. Open a window whenever possible.

WATER Potted plants should never be allowed to dry out, or become saturated. Aim to keep the soil evenly moist and water once or twice a week, depending on the temperature.

LIGHT Position plants near a window and rotate the pot monthly. In areas with direct hot sun, grow cacti and succulents. Where light levels are low, grow ferns. In areas with no natural light you may need a grow light (available from hydroponic stores).

FOOD Sprinkle slow release plant food (such as Osmocote) on

the soil's surface. These release nutrients over a period of three to six months. Alternatively feed with a soluble plant food (such as Aquasol), which you mix with water. Apply every two weeks.

PESTS For aphids, treat with a low toxicity pyrethrum or garlic spray, and for scale insects, use a low-toxicity oil product such as Eco-oil. 🍷

talking SHOP

The choice of the best buys in store this month from ...



Nourish and cleanse

The new Avène Ultra Rich Cleansing Gel with cold cream contains a soap-free cleansing base specially developed for dry, sensitive skin and a moisturising rich creamy texture that gently cleanses the skin. It's ideal for the whole family.



Time traveller

Astron from Seiko is a revolutionary timepiece that connects to satellites anywhere in the world, to pinpoint your location and update the local time zone with phenomenal accuracy. Crafted in stainless steel with Seiko's hard coat, scratch-resistant sapphire glass and 100m water resistance, Astron is built to last. RRP \$2900. Phone 1300 368 546 or visit seiko.com.au

The Healthy Way

Whether it's to kickstart your day or to keep you going, choose the new products in the Healthy Way range to add extra nutrients to each meal. The range includes Buckwheat Puffs, Quinoa Flakes, Tricolour Quinoa and Teff. Sold exclusively at Chemist Warehouse and My Chemist, RRP from \$8.99, chemistwarehouse.com.au



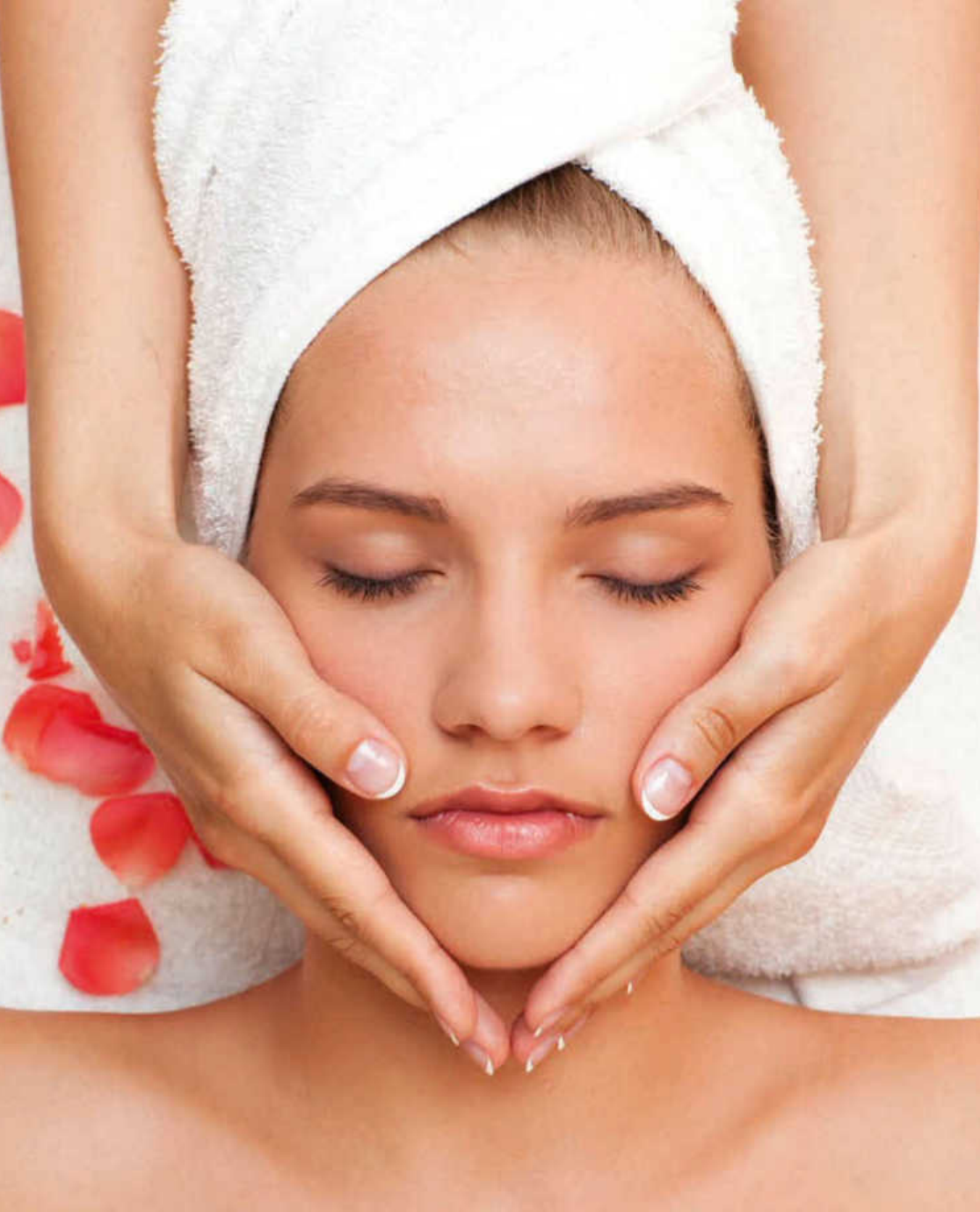
Look younger now!

John Plunkett Collagen Lift moisturiser contains clinically proven levels of Matrixyl 3000 to stimulate collagen production. Proven to reduce wrinkles by 45 per cent in just two months and visibly reduce your age by more than five years! RRP \$49.95 from selected pharmacies and johnplunkett.com.au



Superfruit body care

New Palmolive Body Polish contains real kiwi-fruit and apricot seeds which gently exfoliate, producing softer, more radiant skin. The formula is infused with naturally derived superfruit extracts containing antioxidant properties.



What's my ALTERNATIVE THERAPIST saying?

Are you mystified by meridians? Confounded by chakras?
Unless you're a trained natural therapist you may feel
like your alternative practitioner is speaking gibberish.
Cora Lydon deciphers the terminology

Many complementary therapies have their own phrases and terminology that the practitioner uses on a daily basis, often forgetting that not everyone will understand. But, knowledge is power when it comes to the therapy room. The more you understand the more you will get out of your session – and the better equipped you'll be to ask questions.

Here's what you need to know before you make that booking.

You hear: **'I'M GOING TO TAKE YOUR PULSE'**

In the **ACUPUNCTURE ROOM, KINESIOLOGY CLINIC OR TRADITIONAL CHINESE MEDICINE (TCM) CLINIC**

What it means: "By taking a patient's pulse, I'm able to make an initial diagnosis of each organ's condition and function," explains Dr Shuquan Liu, director of Traditional Chinese Medicine Australia.

Pulses are taken at three different points on the wrist and at three different levels: superficial (light pressure), middle (more pressure), and deep (firm pressure) – each level relates to different organs or parts of the body.

Your TCM practitioner will categorise the pulses with different terms, including 'slippery' (smooth with a viscous sensation), 'sinking' (felt only at deep level) or 'tight' (tension with side-to-side movements). Each is associated

with specific issues, for example, tight is linked with pain, while a rolling pulse may indicate pregnancy.

You hear: 'LET'S CHECK YOUR HEAVY METAL LEVELS'

At the NATUROPATH'S CLINIC

What it means: Heavy metals – such as mercury, aluminium and lead – build up in the body, through food, water, air or absorption through skin. These toxins have health consequences.

Naturopath Angela Cocks explains: "If you have high copper levels it could interfere with fertility. And any heavy metal will block your body's ability to use zinc and magnesium properly."

A hair tissue mineral analysis (HTMA) provides information on the heavy metals you've accumulated. "You just pop some hair into an envelope and send it off for testing," says Cocks. Once the results come back, your naturopath can come up with a treatment plan.

You hear: 'YOUR AMYGDALA HAS BEEN ACTIVATED'
At the KINESIOLOGY CLINIC

What it means: If you're constantly feeling anxious, are easily startled and unable to focus, you may be in what kinesiologists term an amygdala state – you're stuck on high alert.

One of the main functions of the amygdala is the fight or flight response – if it perceives danger it sets off a chain reaction of hormones and biochemicals. "Usually, once the danger has passed the body resets, but if it remains stuck in the amygdala state, it can be detrimental to both physical and mental health," says kinesiologist Liesl Frank.

To calm the amygdala response your therapist will hold and activate certain pressure points. This can have a therapeutic effect and can trigger the body's healing mechanisms. The longer you've been in the state, though, the longer it may take to defuse, so

ask your therapist to show you how to work on pressure points yourself at home.

You hear: 'I'M GOING TO USE AURICULAR THERAPY'
In the ACUPUNCTURE OR REFLEXOLOGY ROOM

What it means: Think of reflexology and you probably think of the feet, but many therapists also work on other areas of your body. Auricular refers to the ear.

"In reflexology we can work with the hands and the ears to get the same results," explains reflexologist Melissa Beeck.

The reflexology maps showing pressure points on the feet are similar to maps of the hands, just adjusted to fit the space. The map of the ear is slightly different but just as effective.

"If your feet are very sensitive or you're concerned about their condition, you can ask for reflexology on the hands or ears," explains Beeck.



You hear: 'LET ME SEE YOUR TONGUE'

In the TRADITIONAL CHINESE MEDICINE CLINIC

What it means: "Looking at the size, colour and surface of the tongue allows Chinese medicine practitioners to make a diagnosis and treatment plan for the patient," says Dr Liu.

If a person's tongue is quite pale they're likely to have low energy levels and weak kidneys, he says, while tooth marks on a large and swollen tongue indicate the spleen may not be functioning properly.

Between appointments you can keep an eye on your health by checking your tongue – it should look light red or pinkish and have a thin white coating. Before appointments make sure that you brush your teeth but avoid brushing your tongue.

Word up

YOU MAY ALSO HEAR:

➤ **Integrative medicine:**

Combines both conventional and alternative forms of healing.

➤ **Chakra:** Spiritual energy point, of which there are seven main ones.

➤ **Effleurage:** Massage technique using gentle circular movement.

➤ **Thalassotherapy:**

Treatment using seawater.

➤ **Phytotherapy:**

Modern herbal medicine.

➤ **Tincture:** Liquid extracts made from herbs and plants.

➤ **Meridian:** Pathways in the body that energy flows through.

➤ **Chi:** Life force energy.

➤ **Dosha:** One of three Ayurvedic energies that make up a person's constitution.

➤ **Bodywork:**

Therapeutic technique involving manipulative therapy, breath work or energy medicine. ➤





A globetrotter's top tips



Insider advice can make all the difference when it comes to creating happy holiday memories. Michael Gebicki shares his wisdom

It's the tips from the experts that can show you how to make the perfect hollandaise or tell 'pleather' from the real thing, and so too with travel. Curated from several decades of wandering and lessons learned the hard way, here are 24 tips to keep you safe, sane and credit-worthy when you're out in the world.

1 THE FALLING AUSSIE DOLLAR

means you'll pay more for your overseas trip in a few months' time. Start booking your holiday now and you'll lock in at the present value of the dollar. In most cases you won't incur any charges until you show up at the hotel or car-hire desk.



2. **If you travel overseas** or even interstate more than twice a year, save with an annual travel insurance policy rather than buying for each individual trip.

3 IF YOUR HOTEL ROOM ISN'T UP TO SCRATCH,

if the airline loses your bag or if a tour operator doesn't deliver, document their shortcomings. Take photos, get the facts in writing and take down names. If you need to seek compensation, records will ease the process.



4 **European cities** are dressier than our own. Scarves provide instant chic and they fold to almost nothing. They can also provide extra warmth on the aircraft.

5. Don't keep all your credit cards and cash in the same place. When you're out and about, take only what you need for the day and never carry your passport. If there are two of you, divide your cash and cards.

6 IF YOU HAVE REASON TO BELIEVE your hotel room security might not be up to scratch, hang the 'Do Not Disturb' tag on the door when you leave the room.

7. A small bottle of hand sanitiser goes a long way to avoiding the traveller's trots.

8 GET A SEAT at the pointy end of the plane at a big discount. Optiontown sells unsold premium seats aboard AirAsia X and several other international carriers at a bargain price, although you might have to wait at the check-in desk to confirm.

9 NEED A GPS FOR DRIVING OVERSEAS?

Avoid the high cost of hiring from your car-hire operator. Buy a GPS system for your smartphone or tablet from Sygic (sygic.com) – they're cheap and you get detailed maps and turn-by-turn voice prompts without expensive data roaming.

10 Even though I might waddle out with a Danish pastry or two, I never get my money's worth from the hotel's breakfast buffet. Unless it's included in the price, a café breakfast outside is probably a better option – it's cheaper and a lot more fun.



11. Travelling somewhere hot with small children?

Plan a substantial chunk of downtime in the middle of the day. Fit activities into the cooler hours of morning and evening, with several hours poolside as the meat in the sandwich. Happy kids mean a happy you.

12 FINDING A DECENT CUP OF COFFEE in an unfamiliar airport can be a challenge. If in doubt, look for where flight crew are queuing.

13. Counting on a wake-up call from the hotel reception to catch an early flight? Set your phone alarm as well – hotel staff don't always get it right.



14 WHILE THERE ARE PLENTY of hotel booking websites that promise huge discounts, check the price on the hotel's own website. The room rate is often comparable, and you're more likely to get a better room if you book via the hotel's own website.

15. Choosing the aisle seat makes it easier to get up

and move around, which is vital for combating deep vein thrombosis (DVT) on long-haul flights. Medical experts also advise drinking plenty of water.

16 WANT TO MAINTAIN your exercise regimen with no gym gear and minimum time? Throw a skipping rope and a stretch band in your luggage and you've got a gym to go.

17. Don't buy foreign currency at the airport – the rates are horrendous.

18 STORE TRAVEL DOCUMENTS like itineraries, airline tickets, passport scans and insurance details in Dropbox or Google Drive and also email them to yourself so you can retrieve them in an emergency.

19. Whether you're travelling to Thailand or Timbuktu, learn the polite forms for greetings and 'thank you' and you'll travel in a friendlier world.

20



THROUGHOUT FRANCE, SPAIN AND ITALY your coffee might cost less if you drink it standing up, but don't make it a rule. When the surroundings are extra special you need to savour the experience at a café table, and hang the expense.

21 HEADING FOR EUROPE?

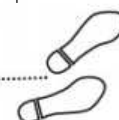


A stopover at an airport hotel in Singapore, Bangkok or Hong Kong adds just a few hours to your flight time but you'll arrive feeling a million times better than if you fly straight through.

22. Travel slowly. You can't take in the highlights of Europe on a 12-night tour, no matter what the brochures say. Make a three-night stay your minimum in any one place. If you're planning to stay for less, why bother to go there?

23 WHEN YOU CHECK INTO A HOTEL,

reception staff will usually block an amount against your debit or credit card as a deposit, reducing your available credit. Find out how much is being blocked and use the same card when you check out or it might take longer to unblock the original deposit. ☹



talking SHOP

The choice of the best buys in store this month from ...



From nature to you

Olive 100% Natural All-Purpose Balm is a skin-restoring balm that helps treat blemishes, scars, dry skin and problem areas. With its rich blend of natural plant extracts, it nourishes and protects skin. RRP \$22.95



Tired of being tired?

Iron is difficult for the body to absorb – that's where Floradix Liquid Herbal Iron Extract can be of assistance. Floradix contains a source of iron balanced with a range of B vitamins and vitamin C as well as other nutri-rich herbs. Taken twice daily, Floradix can assist in the maintenance of general health for the whole family.

Always read the label and use only as directed. If symptoms persist, consult your healthcare professional. CHC 43545-06/14



Superior germ protection

For effective cleaning and 10 x better protection from germs*, try Dettol's new Healthy Clean range of products.

*Dettol Healthy Clean products provide 10 x better protection from germs (S aureus) compared to the leading non-antibacterial surface spray trigger cleaner (MAT 16/12/2014), based on microbiology testing. Always read the label. Use only as directed.

Fight pain fast!

When you have a headache use Nurofen to target the source of the pain. Nurofen provides fast and effective headache relief so you can get back on your feet fast. RRP \$5.99. Widely available at all good pharmacies and groceries. nurofen.com.au



For healthy blood sugar levels

Getting your blood sugar levels (BSL) under control is extremely important for your health. Wealthy Health MAXI BLOOD SUGAR BALANCE is a professional, Australian-made blood sugar balance formula. It is one of the most comprehensive formulas on the market, with the most essential, high-strength ingredients. It maintains a healthy blood sugar balance by supporting healthy metabolism. Available from selected pharmacies. wealthyhealth.com.au or call (02) 9648 4838 for more information.

CHC 42705-08/12



LOVE TRAVEL



Visions splendid

Art lovers have a couple more good reasons to include France's Côte d'Azur and its hinterland in their itinerary. The Venet Foundation near Le Muy in Provence has opened, as well as the private Domaine du Muy sculpture park in the same area, which has installations scattered across four hectares.

This is a breath of fresh air, adding contemporary artworks to the region's complement of galleries dedicated to 20th century art including the Musée Picasso in Antibes, the Musée Renoir in Cagnes-sur-Mer, Chagall and Matisse galleries in Nice and the Fondation Maeght near St Paul de Vence.



FREE TRAVEL? YES PLEASE!

Looking to travel on the cheap, and got a spare room to offer to others? NightSwapping is a new concept that takes its cues from Couchsurfing and Airbnb. Nightswappers act as hosts in order to obtain credit that they can spend to obtain free nights somewhere else. You host a French student, who hosted a Canadian, so you can stay for free with someone in Bangkok. Download the app and you're away. app.nightswapping.com

SPINNING AROUND



Adelaide locals and visitors will now be able to enjoy the city on two wheels, thanks to the new public bike scheme. Spinway bikes are now available from stations at several hotels around the city, at prices starting from \$11 for one hour, \$22 for four hours. Plug in your credit card, pick up a helmet, lock and map from the hotel and you're good to go. One drawback: unlike similar European schemes, Spinway bikes must be returned to the same hire station.



Hidden treasures

Kanazawa is one Japanese city that's slipped quietly under the radar, yet it's a delight with its gorgeous Kenrokuen Garden and Kanazawa Castle. Those who visit are also discovering one of the best preserved old towns in the country, with an intact samurai and geisha district that's very much alive to this day. Don't miss the city's 21st Century Museum of Contemporary Art.



I'M LOVING... Excuse Me. This handy app contains the 200 phrases in Spanish, French, Chinese and Japanese that travellers would find most useful for many situations. Examples are 'When is the bus leaving?' and 'I've forgotten the password for the safe'. They're available on your phone's speaker as well as text, and all categorised under themes. Once downloaded, you don't need to be connected to the internet to access the phrases. Free for iPhone and Android. excuseme.mobi

ask the experts

YOUR QUESTIONS ANSWERED BY THOSE IN THE KNOW...



Dr Penny Adams

IS A GP WITH SPECIAL INTERESTS IN WOMEN'S AND ADOLESCENT HEALTH AND PREVENTATIVE MEDICINE.



Q I AM GETTING A MIGRAINE AT LEAST ONCE A WEEK. ARE THERE ANY PREVENTER MEDICATIONS FOR MIGRAINE?

A Firstly, if you are having ongoing chronic headaches of any type, you should have an MRI of the brain to make sure there is no structural abnormality. A simple preventer medication worth trying for migraine is high-dose riboflavin (vitamin B2), as this has virtually no side effects. If this doesn't work, there are several types of migraine-preventer medications including an old-fashioned blood pressure medication and an anti-epileptic drug, but they need to be taken every day to work effectively. See your GP to discuss this.

Q I had a contraceptive rod inserted in my upper arm three months ago and I am still getting frequent light periods and spotting. Should I have it removed?

A All women who have a contraceptive rod inserted will get altered bleeding patterns, however in 80 per cent of cases this will be favourable, that is little or no bleeding. That means 20 per cent of women will get nuisance bleeding. In some cases this can be stopped by a short course of tetracycline antibiotics (which work on the blood vessels lining the uterus) or simply going on the Pill for a month then stopping it.

Q. My 14-year-old son is complaining of pain at the front of his left knee and it feels swollen under his kneecap. He plays a lot of sport but as far as he can remember, he has not had any trauma to his knee. Should I be worried?

A This sounds like a condition called Osgood-Schlatter syndrome – a common cause of knee pain in adolescents. The patella tendon (that runs over the kneecap from the thigh to the tibia) inserts into a bony swelling on the tibia. During growth spurts this tendon becomes more taut and during exercise it can pull on the tibia, causing microfractures that lead to inflammation and tenderness on the front of the tibia below the kneecap. Therefore, it tends to be more common in adolescents who play a lot of sport.

The condition, that can occur in one or both knees, will resolve on its own over time with no specific treatment. Rest, ice and non-steroidal anti-inflammatory medications can help with symptoms. See your GP to have this diagnosis confirmed.



MY TODDLER HAS JUST STARTED WALKING BUT SHE HAS REALLY FLAT FEET. IS THIS A PROBLEM?



A No, it's normal for toddlers to have flat feet that seem to almost lean inwards a little. This is because the muscles and ligaments in their feet are underdeveloped. Usually toddlers will start to develop an arch in their feet around age two and should have normal arches by age five.

Some children will appear to have flat feet after age five. If their feet are flexible and they have an arch when they stand on tiptoes, then there is no need to be concerned.

It is important for your toddler to spend plenty of time bare-footed when they are learning to walk, as they receive important sensory information from the soles of their feet.



Jennifer Garth

IS A PSYCHOLOGIST AND AUTHOR WITH YEARS OF EXPERIENCE HELPING PEOPLE TO REACH THEIR FULL POTENTIAL IN LIFE.



I DO NOT FEEL LIKE HAVING SEX WITH MY HUSBAND. HE'S FRUSTRATED – AND I DON'T KNOW WHAT'S WRONG WITH ME.

A. Loss of libido can happen at any time, and at any age. Stress can be a common cause. It's hard to feel sexy, or in the mood, when you're feeling fatigued or overwhelmed. Hormonal changes such as childbirth or menopause can interfere with your interest in sex too.

Talk to your GP and if there is no physical cause for your loss of libido, counselling may help. A therapist can help you cope with stress and anxiety, and couples counselling can help improve communication and understanding and increase intimacy.



Q. I can't stop picking at my skin. I'm embarrassed about the scabs and scars on my arms. How do I stop?

A. You might have a condition called excoriation disorder which is distinguished by a cycle of itching, picking, scabbing and so on. It could be that the repetitive action of absently picking at your skin helps relieve stress.

To reverse the habit you need to identify the situations, stressors and other factors that trigger the skin picking. Then find other things to do such as squeezing a rubber ball. This will help ease stress and occupy your hands. If you can't stop on your own get help. See your GP for a referral to a psychologist.



I WAS IN A SERIOUS CAR ACCIDENT SIX MONTHS AGO AND I CAN'T STOP THINKING ABOUT IT. HOW DO I GET BACK IN CONTROL OF MY LIFE?

A. You could be suffering from post-traumatic stress disorder (PTSD). It develops after a traumatic incident such as a physical assault or a serious car accident. Reliving the traumatic event, avoiding situations that bring back painful memories and feeling emotionally numb are just some of the symptoms people with PTSD experience.

Cognitive therapy is used to treat PTSD. It will help you recognise the thinking patterns that are keeping you stuck. Cognitive therapy is often used along with exposure therapy. This behavioural therapy teaches you coping strategies as you gradually face what you find frightening.



MY 15-YEAR-OLD SON CAN'T CONTROL HIS TEMPER. HOW DO I TEACH HIM ANGER MANAGEMENT SKILLS?

A. Let your teen know there is nothing wrong with feeling angry, but there are unacceptable ways of expressing it. He needs rules now more than ever. For example, if your teen lashes out, let him know he will have to face the consequences such as loss of privileges, or even police involvement.

Reactive emotions such as anger are usually driven by fear or hurt. He may be feeling frustrated and inadequate because he's falling behind at school. Encourage him to talk about his feelings. Listen to his concerns. Talking about problems will help your teen find solutions and defuse his anger.



ask the experts

YOUR QUESTIONS ANSWERED BY THOSE IN THE KNOW...



Heidi Lindahl

IS A PERSONAL TRAINER WHO SPECIALISES IN HELPING CLIENTS STRIKE A BALANCE BETWEEN LIFESTYLE AND TRAINING.



WHAT STYLE OF EXERCISE SHOULD I INCLUDE IN MY FITNESS ROUTINE AS I APPROACH MY LATE SIXTIES?

A. During these years it's important to stay active to maintain bone density, for heart health, to help prevent falls, and to keep as flexible as possible. I suggest including the following four types of exercise:

STRENGTH/RESISTANCE

Include bodyweight exercises such as squats and lunges; add resistance with dumbbells, weight machines or resistance bands; and incorporate pushing and pulling movements such as seated rows and chest presses.

BALANCE Performing exercises on fitness balls and BOSU balls are great for improving balance. If you

don't have access to these though, try balancing on one leg for a count of 10 a few times before swapping legs. Hang onto a chair to begin with, if you need to.

STRETCHING Try yoga or Pilates to help you maintain freedom of movement, or find a good stretching chart, print it out and choose five stretches from the chart to do each morning when you get up
ENDURANCE Walking, hiking, swimming and cycling are all great low- or non-impact exercises that will keep your heart and lungs in good shape. Aim for a minimum of 30 minutes five days a week.

Q. What is a good intermediate aqua circuit to do in the pool?

A.

Start by doing two laps of freestyle and then tread water for 30 seconds.

Follow this with pushing yourself up over the edge of the pool to about hip height (as though you're about to hop out) and then drop back into the pool – do this 10 times.

Next hang on to the edge of the pool face down in a horizontal position and kick for a count of 50 (be sure to come up for air!).

Finish with a sprint lap of freestyle and repeat the circuit 3 to 5 times depending on your fitness level.



What group exercise classes can I do when I'm pregnant?



A. Exercising while pregnant has many benefits such as increased self-esteem, strength and fitness maintenance, as well as helping to protect against gestational diabetes. When choosing a group exercise class, take into account your fitness level and how many weeks pregnant you are.

I wouldn't recommend boxing. However, most other classes do cater for pregnant woman – just inform the instructor that you are pregnant before participating, and if you begin to feel uncomfortable, dizzy, or feel any pain, stop immediately.



Are expensive running socks – over \$30 a pair – worth the price tag?

A.

Socks specifically designed for high-impact exercise such as running

are usually reinforced, made from special moisture-wicking materials, and often have more support in the sole. If you do run a lot, then yes, good socks are worthwhile, but there are still some great quality ones available for half that price.



Vanessa Schuldts

IS AN ACCREDITED PRACTISING DIETITIAN (APD) AND NUTRITIONIST, AND CREATOR OF NUTRITION SPEAK.



I'VE BEEN WORKING OUT AT THE GYM TO GET A TONED LOOK. SHOULD I EAT MORE PROTEIN? IF SO, DOES IT MATTER WHEN I EAT IT?

A While the total amount of protein you eat is important, the timing and spread of this protein can be more important to muscle growth. That's because the body can only use a relatively small amount of protein at any one time. So try to ensure a protein-rich food is slotted into every main meal.

The body is most effective at promoting muscle repair and growth in the first 60 to 90 minutes after exercise. So aim to eat a protein-rich snack or main meal in the first hour after your strength-training session.

Food ideas to try:

- ✓ Fruit smoothie.
- ✓ Small tin of tuna on wholemeal crackers.
- ✓ Handful of unsalted nuts and a glass of skim milk.

- ✓ Fruit salad with Greek yoghurt.
- ✓ Chicken burrito with salad.
- ✓ Lean beef spaghetti bolognese.



I've been having bad dreams and I've heard cheese can trigger nightmares – is this true?

A It's a common belief that dreams can be influenced by food, yet there's little evidence to back it up. One thing to consider is that food sensitivities and intolerances, especially ones that trigger gastrointestinal symptoms, may disturb sleep. Disruptive sleep



has the potential to affect your dreams. If you experience any symptoms from eating cheese or any other food, ask your GP to investigate this.

Q. Is chewing sugar-free gum between meals a helpful weight-loss strategy?



A Chewing sugar-free gum may have merits in the weight-control department. One study revealed that after subjects chewed gum in the morning, their kilojoule intake at lunch decreased by 285kJ. Other studies have demonstrated that chewing gum before snacking helps to diminish cravings and decrease hunger and snack intakes. What's more, chewing gum with a relaxed, natural pace before and after eating burns more kilojoules than when you don't have some gum.

Be aware that excessive consumption of some sugar-free gums can have a laxative effect. Look for this warning on-pack.



I suffer from irritable bowel syndrome (IBS). Are there any dietary changes I can make that will help?

A A low-FODMAP diet may help. FODMAP refers to fermentable oligosaccharides, disaccharides, monosaccharides and polyols. They are a family of carbohydrates that are poorly absorbed by some people, triggering IBS symptoms like bloating, flatulence, abdominal pain, nausea and irregular bowel habits (diarrhoea, constipation, or both). These carbohydrates are found in an array of fruits, vegetables, legumes, dairy products and grains. Avoiding foods containing FODMAPs can help to alleviate IBS symptoms. Researchers at Monash University have developed a low-FODMAP app and a diet booklet, which can be sourced from med.monash.edu/cecs/gastro/fodmap.

The low-FODMAP diet requires many dietary changes, and there may be other dietary triggers of IBS, so it's recommended you work with an accredited practising dietitian (APD) who has experience in IBS. Search for an APD in your local area at daa.asn.au.

HAVE YOUR QUESTIONS ANSWERED!

If you would like to have one of our experts answer your questions, email them to health@bauer-media.com.au. Your questions will be forwarded to the relevant expert, whose answer will appear in a future issue of *Good Health*. No personal correspondence will be entered into by any of our experts.

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Jenni's Psychic Dilemma

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Yasmin Boland
reveals what
your stars have
in store for you
this month

October

LIBRA

SEPTEMBER 24 – OCTOBER 23

Your ruler Venus has well and truly ended her reverse cycle, so stop looking to the past when it comes to a love or money matter.

Move on, if you can (and you probably can). Looking backwards obviously just holds us back. Spiritually and at home, positive change is afoot! If you have loved and lost in the past few months, don't worry – chances are you will get a chance to see each other again in the future. But remember, it's still time for you to look forwards!

SCORPIO

OCTOBER 24 – NOVEMBER 22

After all the hard work comes some time out. You might feel more like going out to have fun than you have done in a while. And if you have the energy, go for it. However, many a Scorpio is going to use October to wind down a bit. Don't worry, there'll be plenty more opportunities to party later. So take it as easy as you like and think about all that you have learned in the past few years. Can you see already how the tougher lessons were worth it?

SAGITTARIUS

NOVEMBER 23 – DECEMBER 21

No sooner does work-hard Saturn arrive in your sign than success planet Jupiter is triggered in your Career Zone. Can you see the connection? It's a bit like the old saying 'The harder I work, the luckier I am!' The good news is that some of this hard work and luck could convert into higher self-esteem or cash now. This really is a wonderful astro-combination and you can thank your lucky Stars. You will work harder than you have done in ages and you will almost certainly enjoy it!

CAPRICORN

DECEMBER 22 – JANUARY 20

There is some good news for you this month. The planet Pluto – currently in your sign – has the power to help you overhaul your life from the

inside out, if that's what you would like. And this month, all that goes triple. Can you see how your life is being magically transformed? Slough off the old. Allow in the new. Once you can leave the past in the past, your life will only get better as you move through this long-term Pluto cycle.

AQUARIUS

JANUARY 21 – FEBRUARY 19

This is a mysterious time for you, or at least it can be. You can explore secrets, expose lies, go deeper in your sex life than you have done for some time, get to grips with what intimacy really means, and expand your spiritual life too. Meditation is the key to seeing beyond the obvious and the everyday. Back in the 'real' world, you also have your annual chance to spruce up your career – are you allowing yourself to shine professionally? If so, you could get a pay boost.

PISCES

FEBRUARY 20 – MARCH 20

The good news is that even if your working life is tough or you feel under a lot of pressure financially, your most important relationships appear to be in good shape. And if they're not in good shape at the start of the month, they should be by the end of it. This includes friendships and also, possibly, a romance. Venus,

the planet of love, is moving back into your Love Zone after some start/stop action. It's great news for your love-life, especially if things have been weird lately.

ARIES

MARCH 21 – APRIL 20

It's possible for you to make massive changes in your working life. You are one of the signs most able to transform your life in general and your working life specifically, right now. So decide what you want to do and take action while you have the stars supporting you so brilliantly. Opportunity is knocking! For some, a promotion awaits. If you're not happy with the way your career is going, this really is the month to make some changes, even if that means a complete change of direction.

TAURUS

APRIL 21 – MAY 21

So here you are, a month into your new life when you hopefully have fewer issues with your partner or ex, and hopefully feel less exhausted by life. How are you doing with it? If you have become at all 'addicted' to arguing with your beloved or any other VIPs in your life, undo that. Times have changed. Rest assured, the majority of your relationships, personal or professional, which

are still 'standing' are really meant to be. They have stood the test of time, and the toughest tests of Saturn!

GEMINI

MAY 22 – JUNE 22

There is such a lot of potential in your chart right now. You have to be really careful that you don't allow negative thoughts to get you down. They can be self-fulfilling! Nor should you let fear, overwork or anything else get a hold of you. Put some 'wellness routines' into place now, as you begin a long and important two-year cycle. With Saturn in your opposite sign, it's as though you're being constantly challenged to stay positive. If you can train your brain, you will be unstoppable in the future!

CANCER

JUNE 23 – JULY 23

Your love-life could be transformed this month, and in a good way. Perhaps you're seeing your partner in a new light or vice versa. Single? Someone new could walk into your life now or it might just be that you're finally well and truly over an ex, which is no small thing. Positive thinking is the key, in particular. No matter what has happened in the past, October can be a turnaround month for you in any or all of your

most important relationships, personal or professional.

LEO

JULY 24 – AUGUST 23

The reverse cycle of money planet Venus in your sign is well and truly over. And if you think that sounds like good news, you're absolutely right. If you've been left a bit up the proverbial money street without a cash paddle lately, that can turn around now. Ditto if your love-life's been off the boil. Life truly should be improving! In some ways, when it comes to cash and romance, you are back to where you were a few months back. Love yourself and the happiness/cash will follow!

VIRGO

AUGUST 24 – SEPTEMBER 23

This is one of those months when you'll be glad you're a Virgo. Life looks good. You're feeling creative, you're in the mood to flirt with your partner or someone new if you're single, and if you have kids, it's looking rosy with them too. Okay, so life in October won't be perfect, but you have the makings of a great month. For one thing, the love and abundance planet Venus moves into your sign, which means you're going to get a boost romantically and financially. You can't argue with that, surely?

THIS MONTH



INSIDER
ESSENTIALS

Tiffany Hall

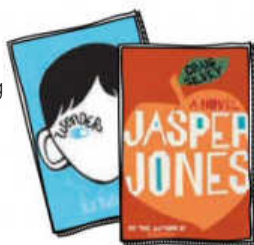
The trainer and children's author shares her favourite things.



⬆️ Tae kwon do.

I grew up doing tae kwon do and I'm a 5th dan black belt. Martial arts challenges the mind and body. I feel most powerful wearing my traditional *dobok* (uniform) and black belt.

✔️ **Books.** I'm a voracious reader, especially of children's books and young adult fiction. Some favourites I have read recently include *Jasper Jones* by Craig Silvey, and *Wonder* by RJ Palacio.



⬆️ Grand piano.

I bought it when I got my first TV job on *Gladiators*. Playing the piano is cathartic and relaxing. I've been playing since I was six years old. I love the composers Muzio Clementi and Erik Satie.

Tiffany will appear as a trainer on *The Biggest Loser* on Channel 10 this month.



⬆️ Our pet lizard.

Rocket is a bearded dragon lizard and the family pet. He's been such a great listener over the years.



⬆️ **Vera Wang Grosgrain dinner set.** Each piece was bought by a friend or family member for my wedding to (radio host) Ed Kavalee. Ed and I love sharing meals with loved ones.



Lord Of The Dance: Dangerous Games

Fans of Irish dancing icon Michael Flatley shouldn't miss his latest extravaganza. Performed by a cast of talented young dancers, *Dangerous Games* is an exciting new take on the original *Lord Of The Dance*, featuring brand-new costumes and choreography.

Purchase tickets to the Australian tour at lordofthedance.com.



PERFORM Let Me Entertain You

Robbie Williams is back to captivate audiences this month on his Australian tour. The charismatic entertainer will perform his greatest hits and fan favourites including *Angels* and *Rock DJ*, plus some very special covers. Find tickets to a venue near you at ticketek.com.au.

COMPETE The Great Adventure Challenge

Here's your chance to give adventure racing a go while you raise funds for the Starlight Children's Foundation. Held at secret locations around the country, each course involves kayaking, mountain biking and navigating obstacles. You'll need a team of eight to register at greatadventurechallenge.com.au.



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